MUSCULAR
VEDANTA
THE PRACTICAL FORM OF VEDANTA PHILOSOPHY
PROPOUNDED BY SWAMI RAMTIRTHA
Ramtirtha Kendra
(A fountain of universal love)

Dr. Akash Chanda

Prof. (Dr.) Akash Chanda, an expert in the field of soft skills, a modern professional science derived from the Vedic knowledge 'Vak', belongs to a reputed Khatriya family of Gurgushtiyan, Distt. Attak, (Punjab), Undivided India, now in Pakistan. His grand father Shri Hari Chand Chanda, esteemed as Raja for his magnanimity and great human values was a prominent land lord and businessman. After partition he flourished as a tobacco merchant in Saharanpur where Akash Chanda was born (1975) and brought up under the able guidance of his revered father Shri Surendra Lal Chanda, a mechanical engineer from Roorkee University.

Apart from this background, Dr. Akash Chanda hired a rich literary legacy from his maternal grand father Shri Ram Lal 'Shad Sarhadi' who was a noted freedom fighter, journalist and philosophic Urdu poet of Attak/Bareilly. It is notable that *'Shad Sarhadi'* was one of the close disciples of Dr. Sheikh Muhammad Iqbal in his art of poetry and intimate associate of Khan Abdul Gaffar Khan, known as Sarhadi Gandhi in the struggle of freedom. It was with his maternal uncle Dr. Virendra Vijjan *"Ibne Shah Sarhadi"* (Principle Scientist, Indian Veterinary Research Institute, Bareilly) Dr. Chanda edited a series of books on mystical poetry entitled *'Celestial Bliss'* (English), *'Bazm-e-sulhekul'* (Hindi-Urdu) and *'Misbah-ul-haq'* (Hindi-Urdu) from Bareilly.

After meeting Dr. Kedarnath Prabhakar, founder president *Ramtirtha Kendra*, a remarkable turn came in his life. He became the first research scholar of India who earned his Ph.D in 2007, on the untouched English mystical poetry of Swami Ramtirtha composed in United States of America, a century before. He associated Dr. Prabhakar in his book *'Thus Spake Ramthirtha'*. He worked as a co-editor of the English section of Vedchakshu, a bi-lingual monthly organ of the Kendra and published articles in other papers too. He authored *'Rama in the Eyes of Iqbal'*, a multilingual research work dedicated to 'the Spiritual Friendship Between India and Pakistan'. Now-a-days he is working on the titles - *'Swami Ramtirtha – A Missing Chapter in English Literature'* (English), *'Swami Ramtirtha As A Multilingual Monk Poet'*, *'Vehdatnama'* (Punjabi), *Swami Ramtirtha In Himalayas'*, *'Letters of Rama'* and a series of books on Swami Ramtirtha's global excursion - *'Rama In America'*, *'Rama In Egypt'* and *'Rama In Japan'*.

As a soft skills trainer he is widely traveled across India and has not only delivered training workshops and lectures in various prestigious colleges & institutions like *Institute of Chartered Financial Analyst of India,* (Vishakhapatnam, Hyderabad), *Institute of Finance and International Management,* Bangalore, *Indian Association of Chartered Accountants,* Asia's largest *Postal Training Centre,* Saharanpur etc., but prepared training modules also. Presently he is working with Dev Bhoomi Group of Institutions, Saharanpur, as a Professor in the department of training and placements.

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&

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CLIPPING*

"To minimize the waste of energy, to abolish wear and tear of body and mind, to secure freedom from all kinds of dissipation, due to envy, vanity, distemper and blues; to cure mental dyspepsia, and to remove intellectual pauperism and spiritual slavery; to attain the secret of successful work; to realize God through Love; to keep in touch with the origin of knowledge, how to preserve out equilibrium and peace, these are the subjects I teach."

-Swami Ramtirtha

* '*The Rocky Mountain News*', **Jan 4th 1904, Denver, Colorado, U.S.A.**

CONTENT

PREFACE

The spiritual wisdom of India which is embodied in the Upanishads, the Bhagavadgita and the Yogavashistha etc., Sanskrit works and which is the real and lasting spirit of Indian culture is called Vedanta. It means a life lived in tune with Nature and all fellow-creatures. It means a life characterized by activity, happiness and universal kinship. In the words of Swami Ramtirtha - **"Vedanta is health—physical, mental and spiritual. Giving up the exclusive claim to anything and everything is Vedanta. In other words, fencing others out, but as God regaining supreme dominion over every power in the world is Vedanta".**

Swami Ramtirtha further states, **"If Vedanta is not practiced in every day life, what is the use of it? Vedanta printed in books and placed on shelves to be eaten up by worms, won't do. You must live it. If Vedanta does not make you happy, if it does not cast off your burdens, then kick it aside."** The temple of Vedanta is in the shop, in the street, in your bed, in your study, in your dining room, in your drawing room, in your parlour. These are the temples where you have to live and realize the Truth. Practical Vedant, according to Rama is the healthiest attitude to mind which stands for freedom, progress, peace and happiness.

Present work entitled "Muscular Vedanta" contains master-piece gems from Rama's speeches and writings. This volume has been compiled and edited to highlight the practical aspect of the aforesaid, practical philosophy of life termed as Muscular Vedanta by Swami Ramtirtha.We hope people of all caste, creed and religion will be benefitted by this work based on divine laws propagated by Swami Ramtirtha.

We feel indebted to Mr. Virendra Mohan Trehan, Founder-President, Foundation for Amity and National Solidarity, New Delhi for his persistent effort and unconditional support all through the times spent in the completion of this work.

We really owe a lot to all the office bearers of Ramatirtha Pratisthan, Lucknow for their indispensable publications.

We do record our gratitude to a number of people for their never ending inspiration for the compilation of this book. We gratefully acknowledge the assistance of the following :

Swami Sanatan Tirtha (Rishikesh)
Prof. Shivji Trivedi (Doiwala, Dehradun)
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Mr. Sanjay Bansal (Chairman, DBGI, Dehradun)
Maj. Gen. Lalji D. Singh (Retd.) Dehradun
Mr. Sudheshwar Saran (Moradabad)
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Mr. Satish Chandra (Panipat)
Dr. P. D. Garg (Saharanpur)
Mr. Rakesh Agarwal (Saharanpur)
Dr. K. K. Singh (Saharanpur)

Chaitra Shukla Pratipada,
Samvat 2068 (Indian New Year)
(April 4, 2011)

Kedarnath Prabhakar
Akash Chanda

Sardar Jeevan Singh Wadhawan

1897 (Gujranwala) - 1987 (Hoshiarpur)

Sardar Jeevan Singh Wadhawan, a prominent figure of Gujaranwala was one of the favorite associates cum co-professional of Swami Ramtirtha's preceptor Bhagat Dhana Ram 'Rabjee' (Gujranwala) to whom this book 'Muscular Vedanta' is dedicated. He being a revolutionary patriot, during the struggle for freedom remained underground for about eight years as an offender of the then British Government. For this his family was tortured at Gujranwala and his younger brother Sardar Nikka Singh Wadhawan was punished and sent to Kalapani. Besides this, being a devotee cum friend of Late Pandit Gaurinath Rajjyotishi of Gujranwala (the dream visionary of Ramtirtha Kendra), he, a few years before his demise, visited Ramtirtha Kendra along with his younger brother Sardar Rakha Singh Wadhawan's grandson Sardar Jasbir Singh 'Jassa' (Jagadhari) to pay his homage to Swami Ramtirtha, Bhagat Dhanna Ram 'Rabjee' and Pandit Gaurinath Raj Jyotishi. His illustrious son Sardar Dr. Sant Prakash Singh (Indus Hospital, Mohali, Punjab) who is closely associated with Ramtirtha Kendra has also established 'Jeevan Educational Society' in his memory in 1998 for the benefit of the mankind. Ramtirtha Kendra, a fountain of universal love, salutes Sardar Jeevan Singh Wadhawan.

A VERSATILE GENIUS

Swami Ramtirtha (1873-1906), an illustrious modern day Indian saint, was not only a Practical Vedantin, an ideal teacher, an ardent mathematician, a distinguished writer, a rational linguist, a competent editor, a silver-tongued orator, a profound historian, an eminent philosopher and a marvelous athlete (swimmer, runner and mountaineer) but also a multilingual mystic poet writing in Persian, Urdu, Punjabi, Hindi and English. The world has yet to produce another versatile genius of his caliber.

A PIN POINTED BIODATA OF RAMA

BIRTH	Oct. 22, 1873 at Muraliwala, District Gujranwala, Punjab (undivided India) now in Pakistan.
EDUCATION	Primary – Muraliwala (1882), Matriculation – Gujranwala (1888) F.A., B.A. & M.A. (Mathematics) – Lahore (1890 to 1895) In B.A. Topped (Punjab University)
MARRIAGE	1883 (Smt. Shiv Devi – wife) (Two sons)
PROFESSIONAL CAREER	Second Master (1895 – 1896) Scotch Mission High School, Sialkot Prof. (Mathematics) (1896 – 1899) Mission High School, Lahore Reader (Mathematics) (1900) Oriental College, Lahore
LITERARY ACHIEVEMENTS	Published multi-lingual Monthly 'Alif' (Vedant Philosophy) first time in India from Lahore- (1900) (Later on all literary works- Poems, articles and lectures published in Hindi, Urdu and English from Delhi and Lucknow, posthumously)

LANGUAGES KNOWN	English, Hindi, Urdu, Sanskrit, Persian, Arabic, German.
SELF-REALISATION	August, 1898 – Brahmpuri (near Laxman Jhula-Rishikesh) on the way to Badrinath (Himalayas).
WORLDLY- DETACHMENT	July, 1900 (gave up all secular posts, left home forever and went into the woods of the Himalayas)
RENUNCIATION	January, 1901 – Tehri, adopted Sanyas (became a monk)
WORLD TOUR	■ Tokyo, Japan (August, 1902 – Dec., 1904) Oct. 1902 - Addressed International Buddhist Conference – ■ U.S.A. (Nov. 1902-1904) Lectured in various Universities of U.S.A. and was offered D.Litt., which was gracefully refused with due gratitude. - Presented a copy of 'an appeal to Americans on behalf of India' to the worthy President of America, Mr. Theodore Roosevelt for the freedom of India. ■ Egypt (Nov 1904) Discoursed in a grand mosque in Persian language on Vedanta Philosophy in Ciaro.
DEMISE	October, 17, 1906, at Simlasu (Tehri) Now Ramtirtha Sagar (Tehri Dam) Uttarakhand

THE SPIRITUAL AMBASSADOR OF INDIA

Swami Ramtirtha, popularly known as Ram Badshah or king Rama, traveled widely not only at home but also abroad. As an incarnation of Universal Love and as a Spiritual Ambassador of India to the whole world, he visited Japan, America, Egypt and other countries. Throughout his journeys, all, irrespective of caste, creed or nationality, loved him. It is remarkable that Swami Ramtirtha, being a Sanyasi or monk, during his voyages never touched money and never had any baggage. He traveled mostly by ship.

He started his journey abroad from Kolkata (Calcutta) on August 28, 1902. Swami Ramtirtha, carrying his message of Universal Love, reached Japan, the land of the rising sun, in Oct. 1902. Here he addressed a large audience at an international Buddhist conference held in Tokyo. He also delivered a great lecture at the High College of Commerce in Tokyo, during which he proved that the ancestors of the Indians and the Japanese were the same. He also addressed a large audience at an international Buddhist Conference held in Japan. He also laid the foundation of Indo-Japanese Society, which is a landmark in the cultural history of Japan. It was here that

Professor Takakutsu, the great orientalist and the Sanskrit Professor of Tokyo Imperial University met Rama. Swami Ramtirtha, after leaving Japan, where he stayed for about fifteen days, reached America, the land of the dollar, most probably before the middle of Nov. 1902. In America, where he stayed for about two years, he projected a glowing image of our profound Indian culture and philosophy which enhanced the prestige of his country and his people. He met almost all the literary and spiritual personalities of the world at various occasion.

In America his lectures were so inspiring and uplifting that a society – ***Rama's Society*** was formed in Portland (Oregon) by his American admirers. At one University, he spoke on *The World's Spiritual Debt to India,* which was recognized as 'the missing chapter of the history of the introduction of Eastern Wisdom in Western Culture.' He also presided over the meeting of the World Unity League held in Geneva. The Christians in America adored him as a living Christ.

It is on record that while in America, Swami Ramtirtha made a fervent appeal to the Americans regarding the freedom of India, on behalf of his countrymen. He, as an undaunted patriot, presented a copy of this appeal to the President (Theodore Roosevelt) of the United States, when Roosevelt went to see *Ram Badshah* at Shasta Springs (California.), on May 20, 1903. historical remarkal gita, personalities, first and the last to see it.

It may be astonishing to know that Swami Ramtirtha, who was a pure vegetarian, was a marvelous athlete. While staying in California, he also participated in various contests related to amateur physical fitness. It is recorded that he was the winner in a race to climb the peak of Mount Shasta (14,444 ft.), as well as in a Marathon race (30 miles), and one to swim the Gulf of California

(20 miles).

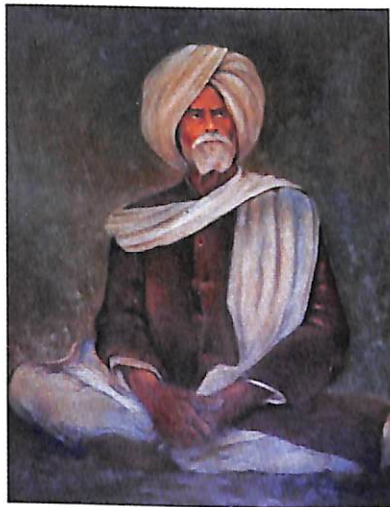
On his way back to India, Swami Ramtirtha stopped in Egypt, the land of the Pyramids, in Nov., 1904. Mustafa Kamal Pasha (the popular revolutionary leader of Turkey), was, very much impressed by him and specially came to meet him. Here as a Hindi Philosopher, Swami Ramtirtha discoursed on Hamaost (I am That) in the Jamia Mosque in Cairo, in Persian, throwing his listeners into divine ecstasy. It is on the record that Mustafa Kamal Pasha was the moving spirit behind this historical lecture. The Muslims in Egypt honoured Swami Ramtirtha as a God-intoxicated soul.

It may not be out of place to mention that at Port Said, Swami Ramtirtha boldly refused to travel on the same ship with Lord Curzon, then the British Governor General of India. He returned his ticket with the majestic declaration – "Two kings (***Ram** Badsha and Lord Curzon*) can't travel in the same ship".

He reached Mumbai on December 8, 1904, where his countrymen warmly received him.

It is noteworthy that, for Swami Ramtirtha, the Earth was not merely a huge piece of land consisting of mountains, oceans and forests, etc. Being a Hindu Monk, he adored the Earth as the Divine Mother. So that going around the Earth from east to west, he performed a *Parikrama* or circumambulation.

DEDICATION

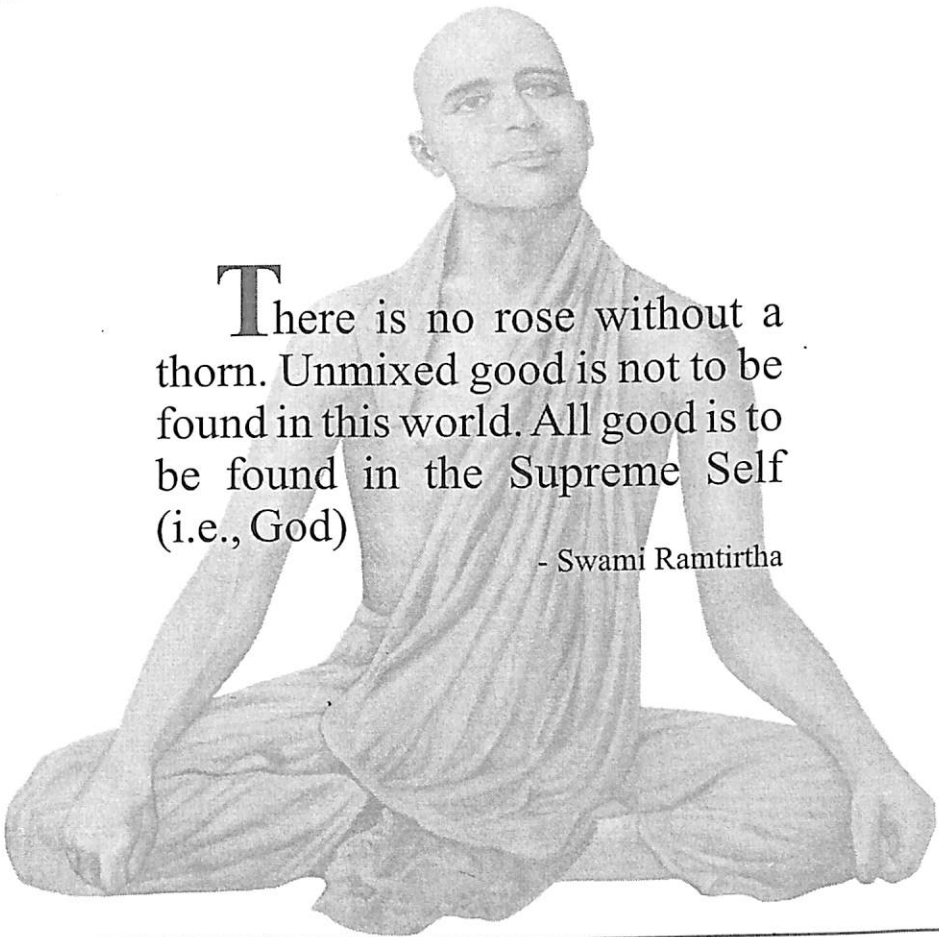
Swami Ramtirtha's spiritual guide
(Muscular Vedanta Personified)

BHAGAT DHANNA RAM 'RABBJI'
(1843 - 1929)
A coppersmith by profession, wrestler by hobby and Vedantin by thinking
Of Gujranwala, Undivided Punjab, (now in Pakistan)
For whom Swami Ramtirtha had great esteem & admiration

Thumb Rule of Muscular Vedanta

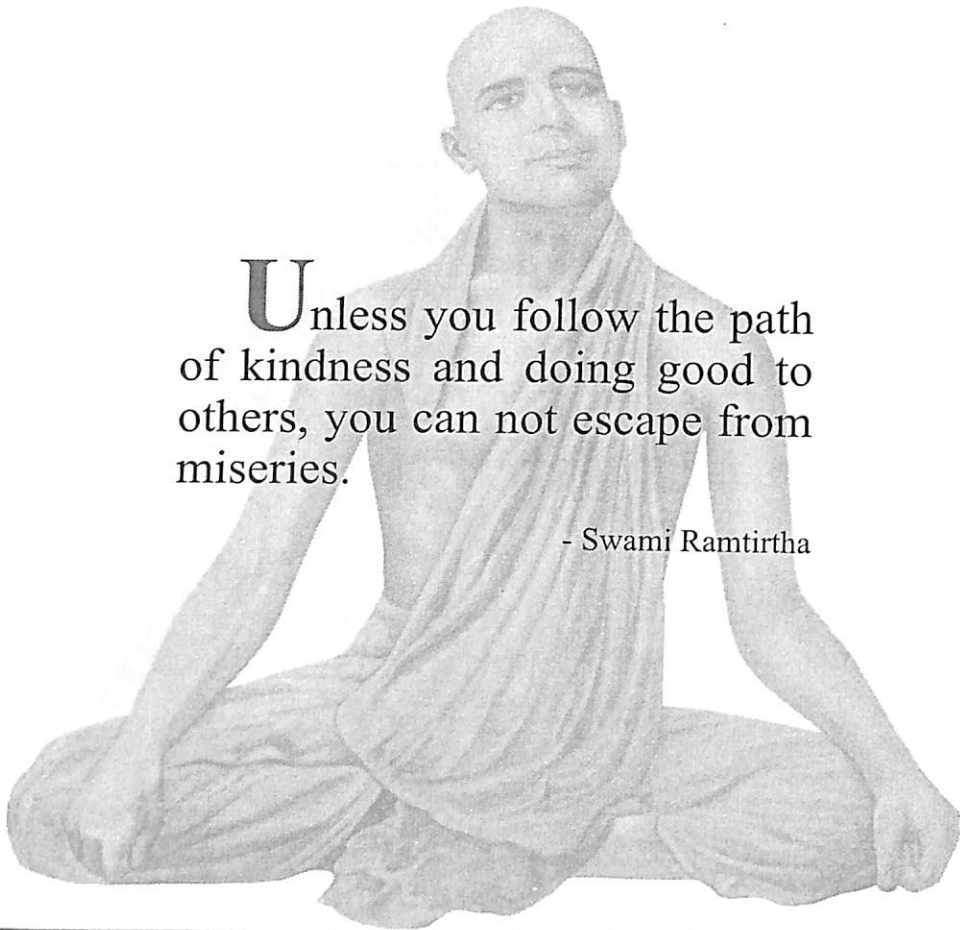
If you want to move the whole world, do so by moving the nearest part of it, i.e., by moving your ownself. If you can uplift yourself, the whole world will be uplifted. Should you fail in that endeavour, we shall have none else to accuse but ourselves.

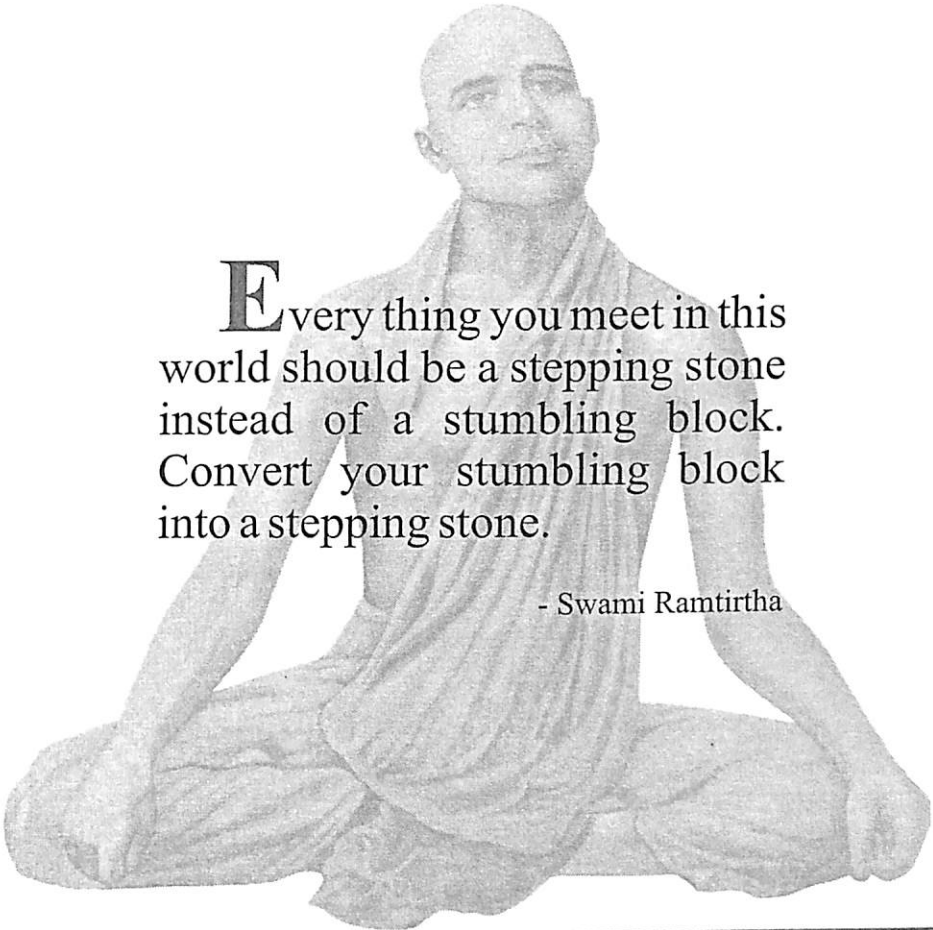
- Swami Ramtirtha

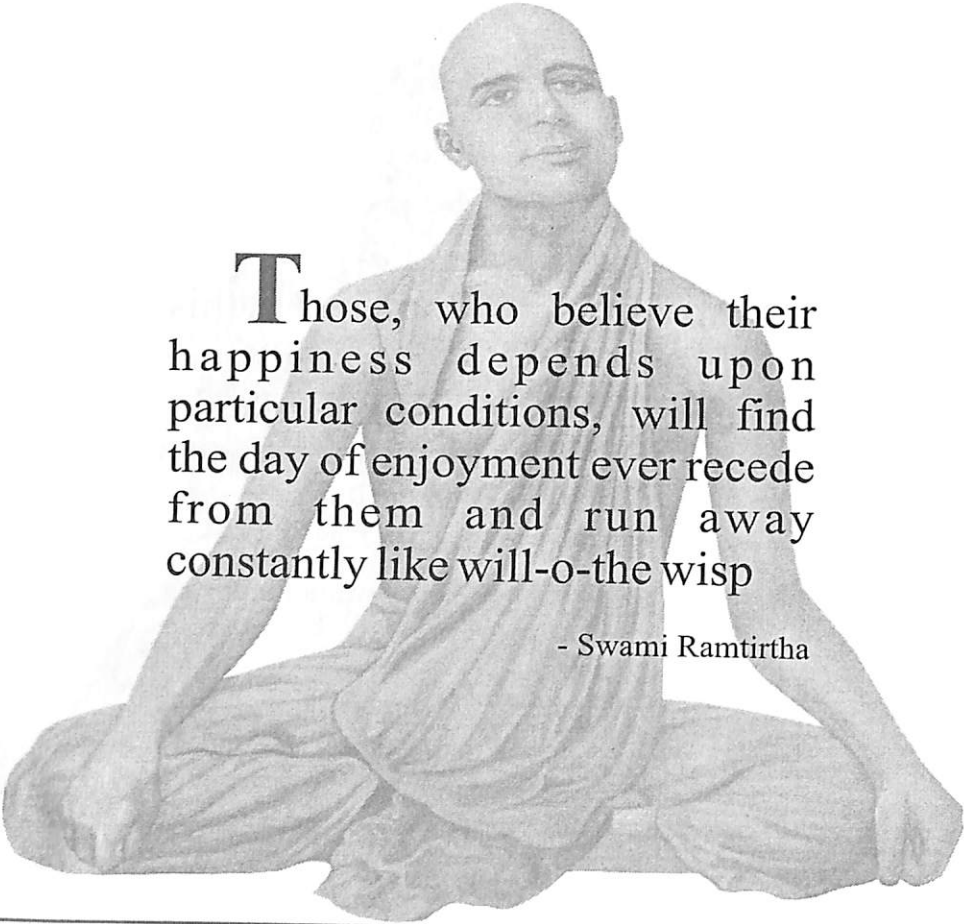
Constitution of Muscular Vedanta

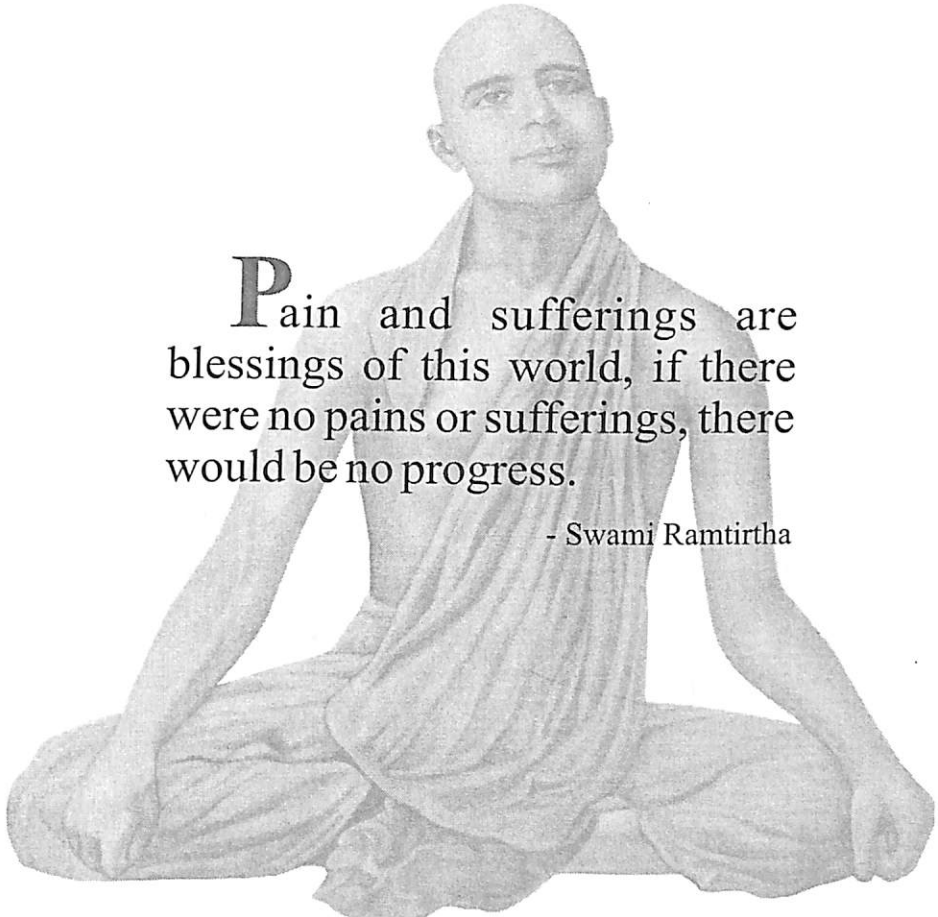
1. Pushing marching labour and no stagnant indolence.
2. Enjoyment of work as against tedious drudgery.
3. Peace of mind and no canker of suspicion;
4. Organization against disaggregation.
5. Appropriate reform and no conservative custom.
6. Solid real feeling as against flowery talk.
7. The poetry of facts as against speculative fictions.
8. The logic of events as against the authority of departed authors.
9. Living realization and no mere dead quotations.

PROBLEMS

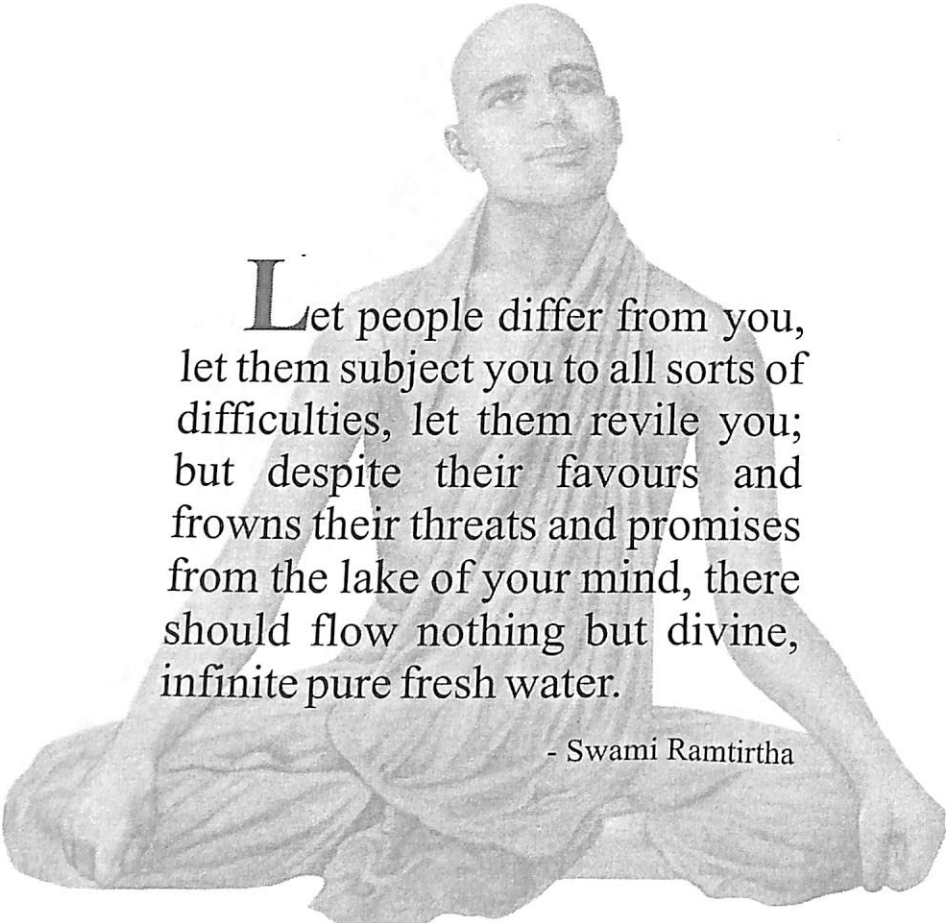
Life is the solution of problems

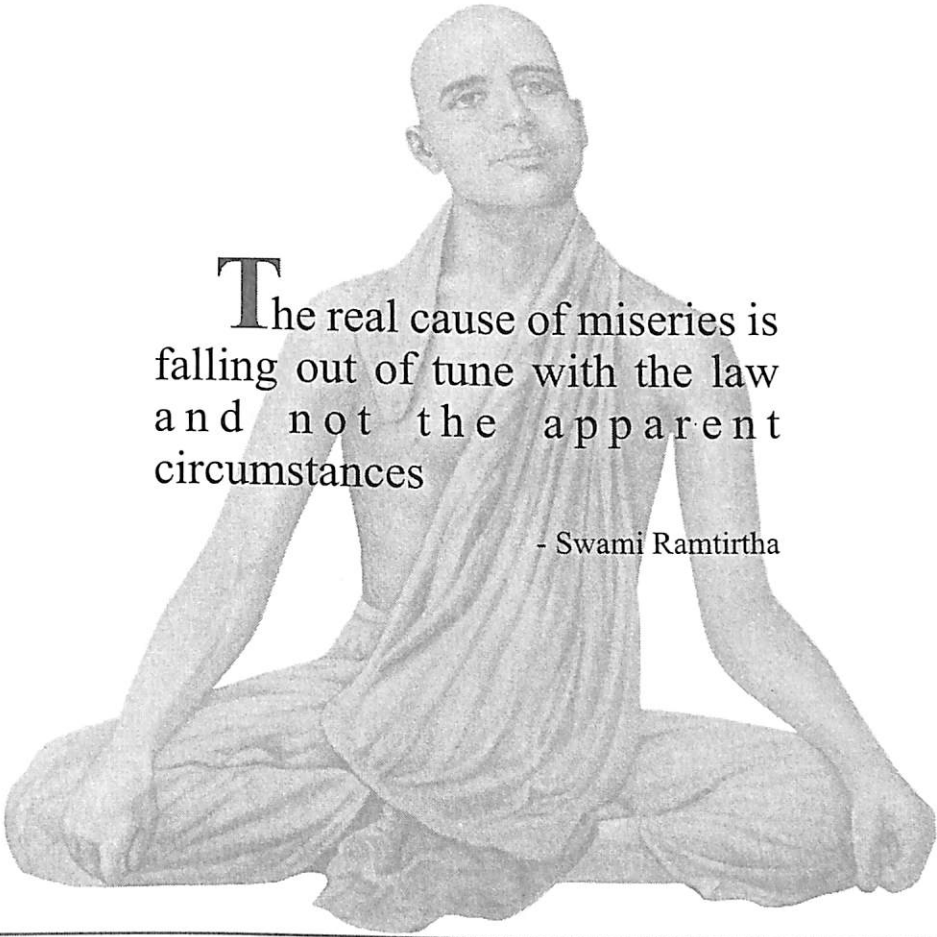
- Swami Ramtirtha

Eight Sources of Troubles

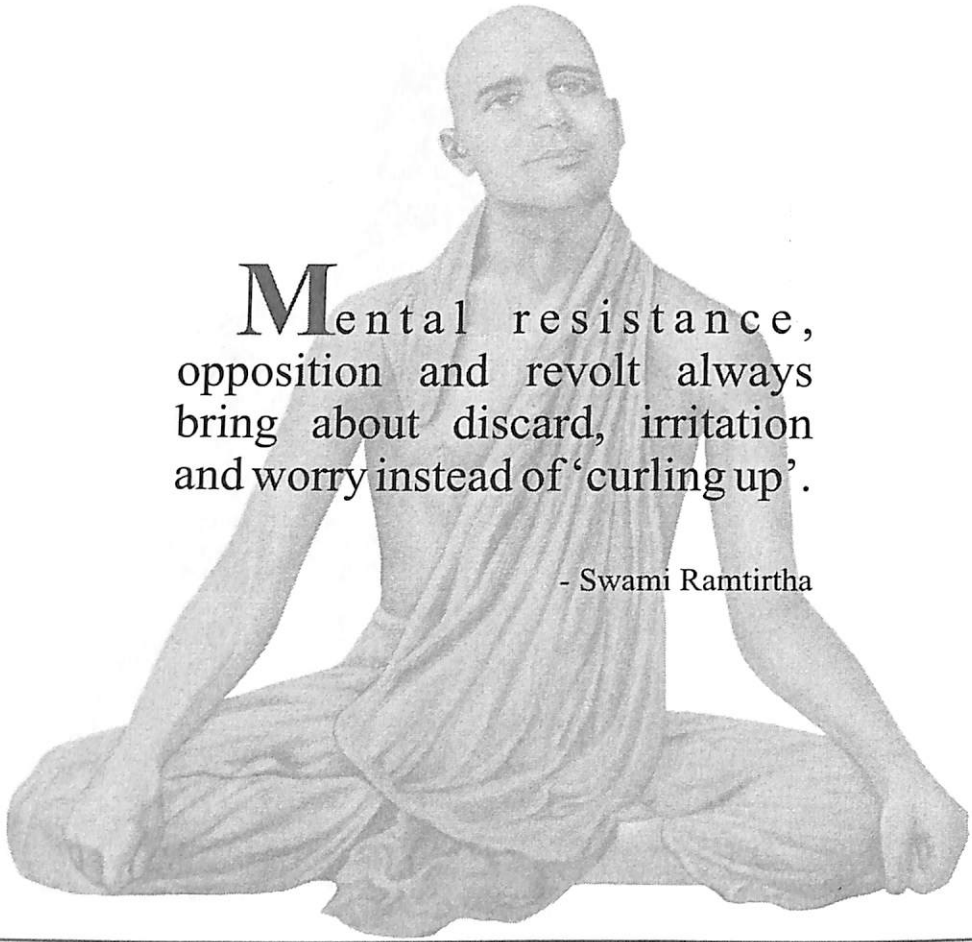
1. To compare or contrast one person with another in the mind.
2. To compare oneself with anybody else mentally.
3. To compare the present with the past and brood over the memory of past mistakes.
4. To dwell upon future plans and fear anything.
5. To set our heart on anything but the one Supreme Reality.
6. To depend on outward appearances and not to practically believe in the inner harmony that rules over everything.
7. To jump up to the conclusion from the words, of seeming conduct of people, and not to rest thoroughly satisfied with faith in the Spiritual Law.
8. To be led astray too far in conversation with the people.

There is no rose without a thorn. Unmixed good is not to be found in this world. All good is to be found in the Supreme Self (i.e., God)

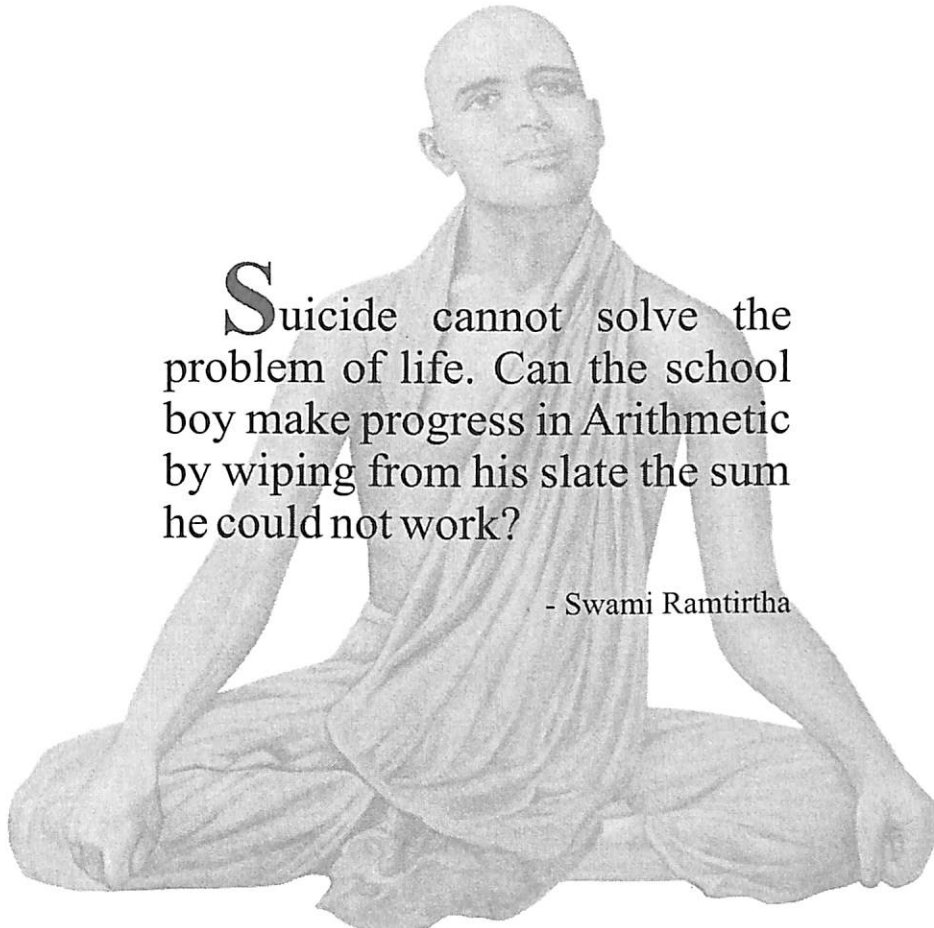
- Swami Ramtirtha

Unless you follow the path of kindness and doing good to others, you can not escape from miseries.

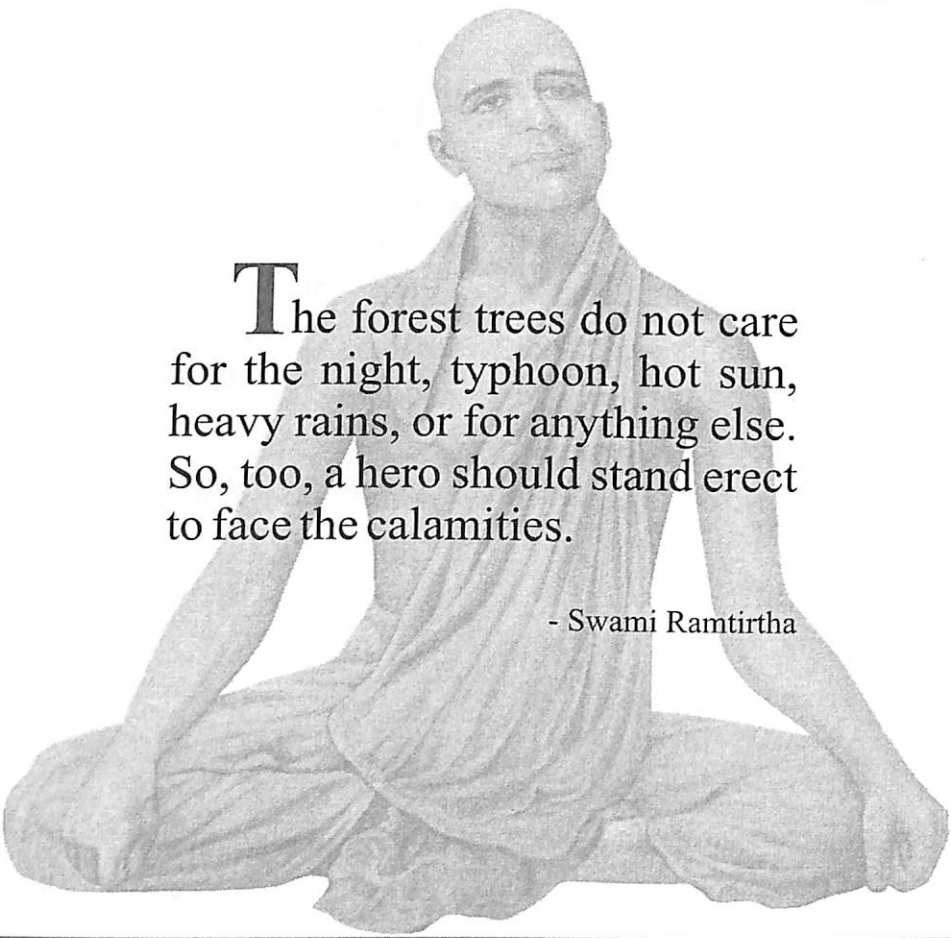
- Swami Ramtirtha

Every thing you meet in this world should be a stepping stone instead of a stumbling block. Convert your stumbling block into a stepping stone.

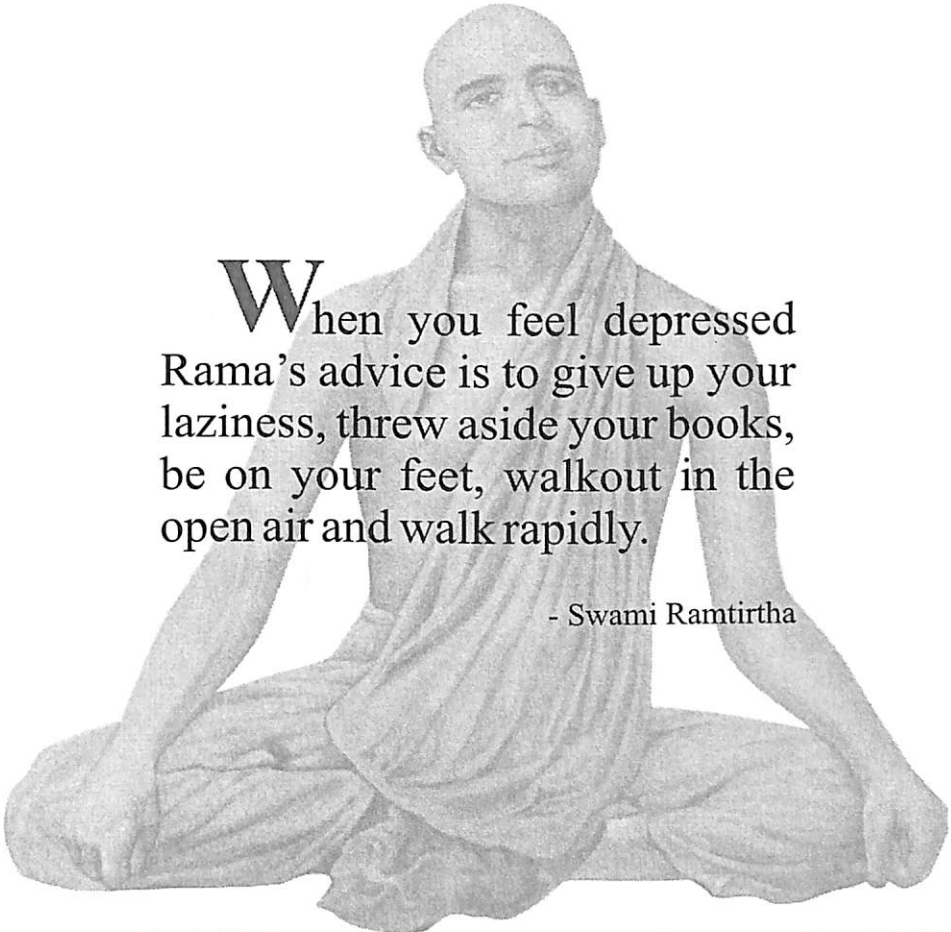
- Swami Ramtirtha

Those, who believe their happiness depends upon particular conditions, will find the day of enjoyment ever recede from them and run away constantly like will-o-the wisp

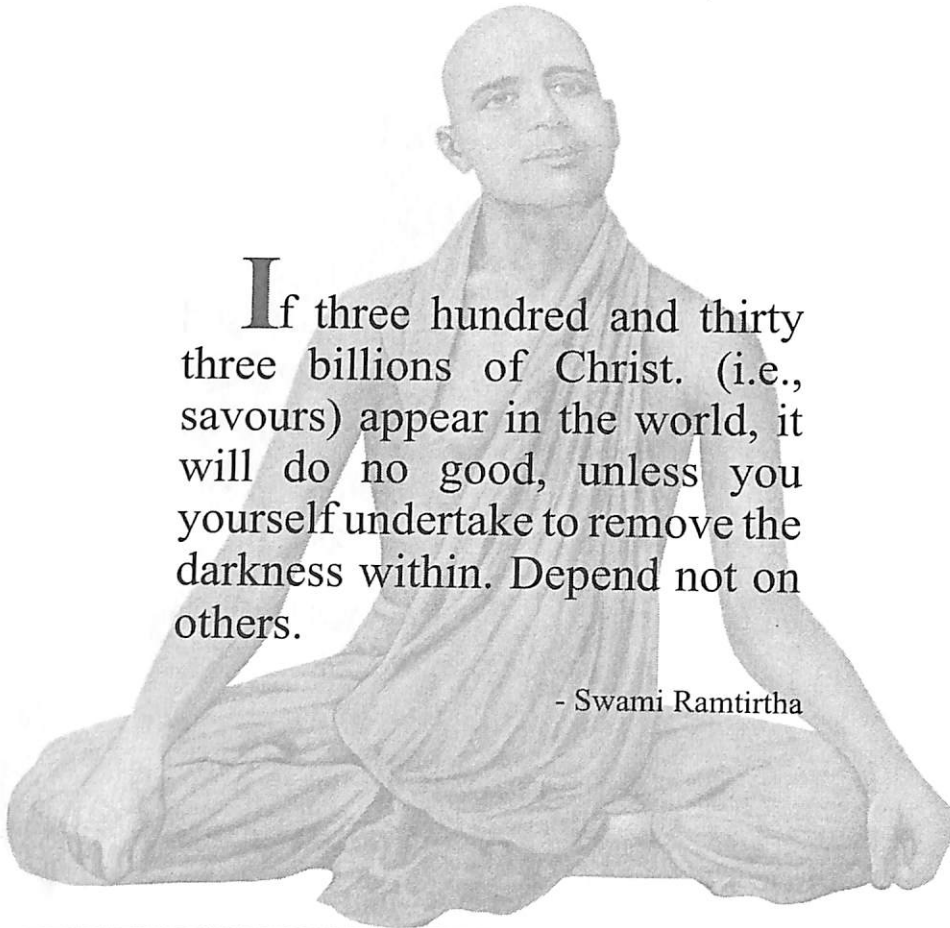
- Swami Ramtirtha

Pain and sufferings are blessings of this world, if there were no pains or sufferings, there would be no progress.

- Swami Ramtirtha

Let people differ from you, let them subject you to all sorts of difficulties, let them revile you; but despite their favours and frowns their threats and promises from the lake of your mind, there should flow nothing but divine, infinite pure fresh water.

- Swami Ramtirtha

The real cause of miseries is falling out of tune with the law and not the apparent circumstances

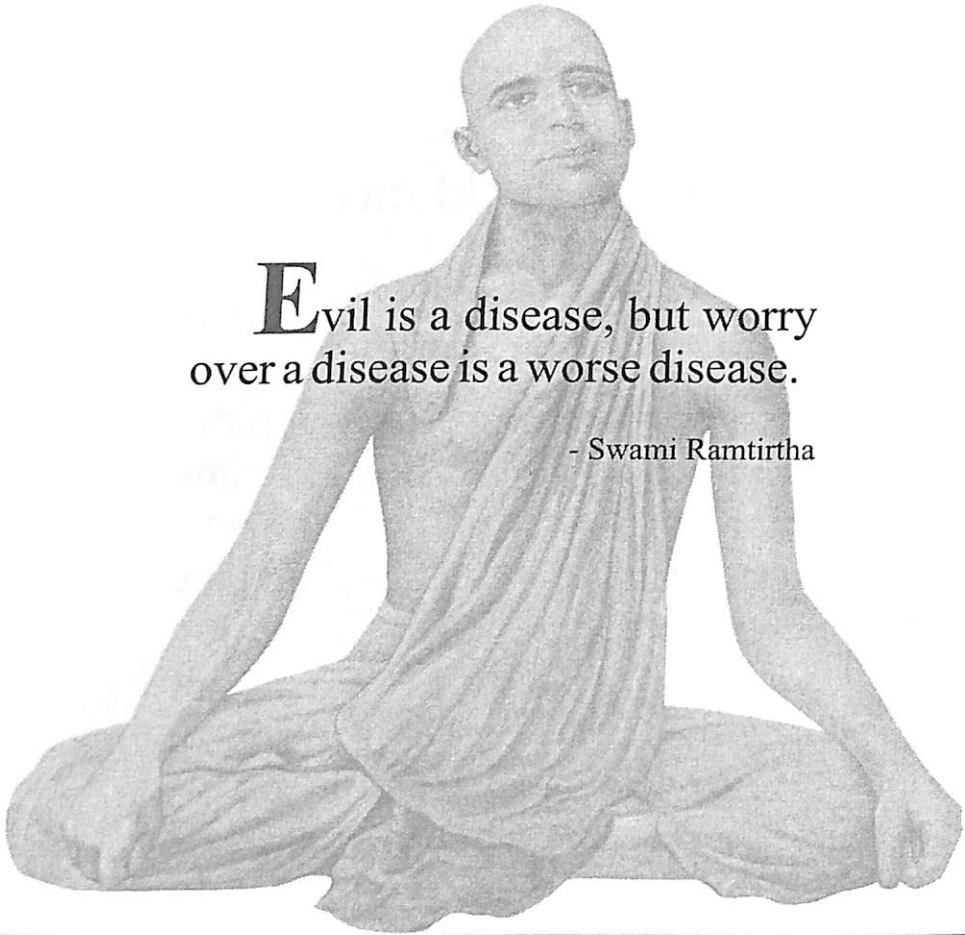
- Swami Ramtirtha

Mental resistance, opposition and revolt always bring about discard, irritation and worry instead of 'curling up'.

- Swami Ramtirtha

Suicide cannot solve the problem of life. Can the school boy make progress in Arithmetic by wiping from his slate the sum he could not work?

- Swami Ramtirtha

The forest trees do not care for the night, typhoon, hot sun, heavy rains, or for anything else. So, too, a hero should stand erect to face the calamities.

- Swami Ramtirtha

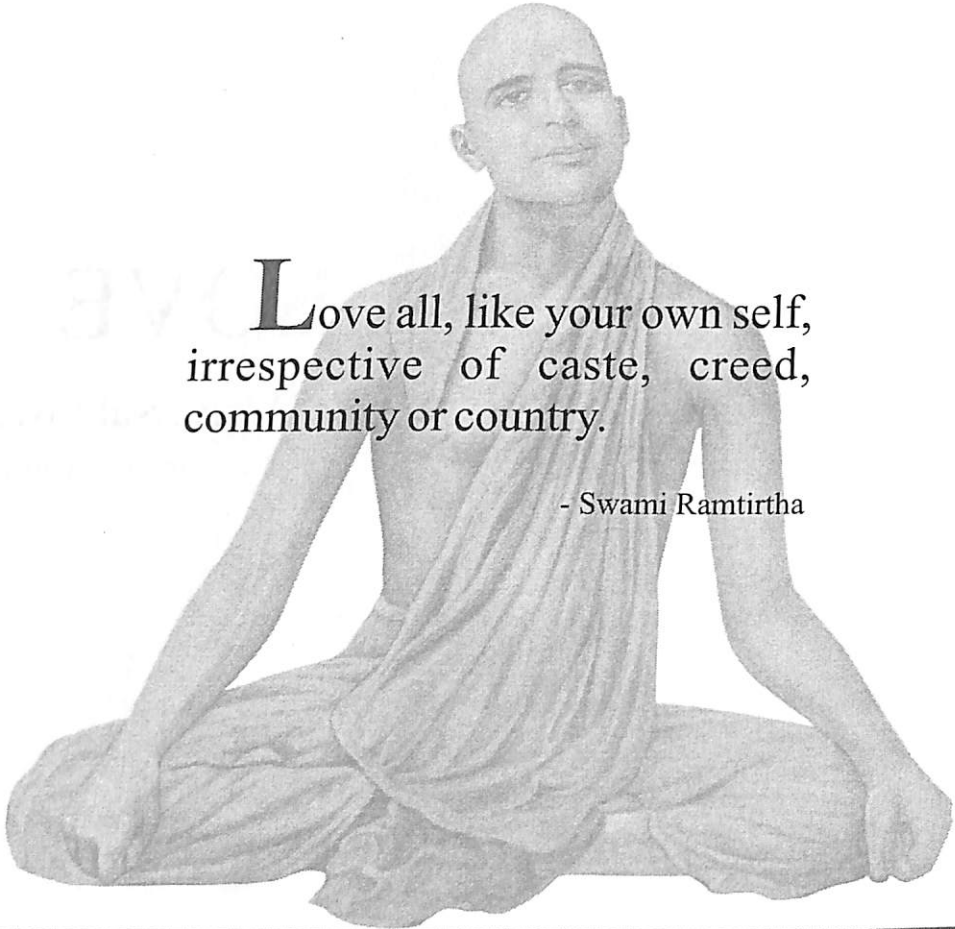
When you feel depressed Rama's advice is to give up your laziness, threw aside your books, be on your feet, walkout in the open air and walk rapidly.

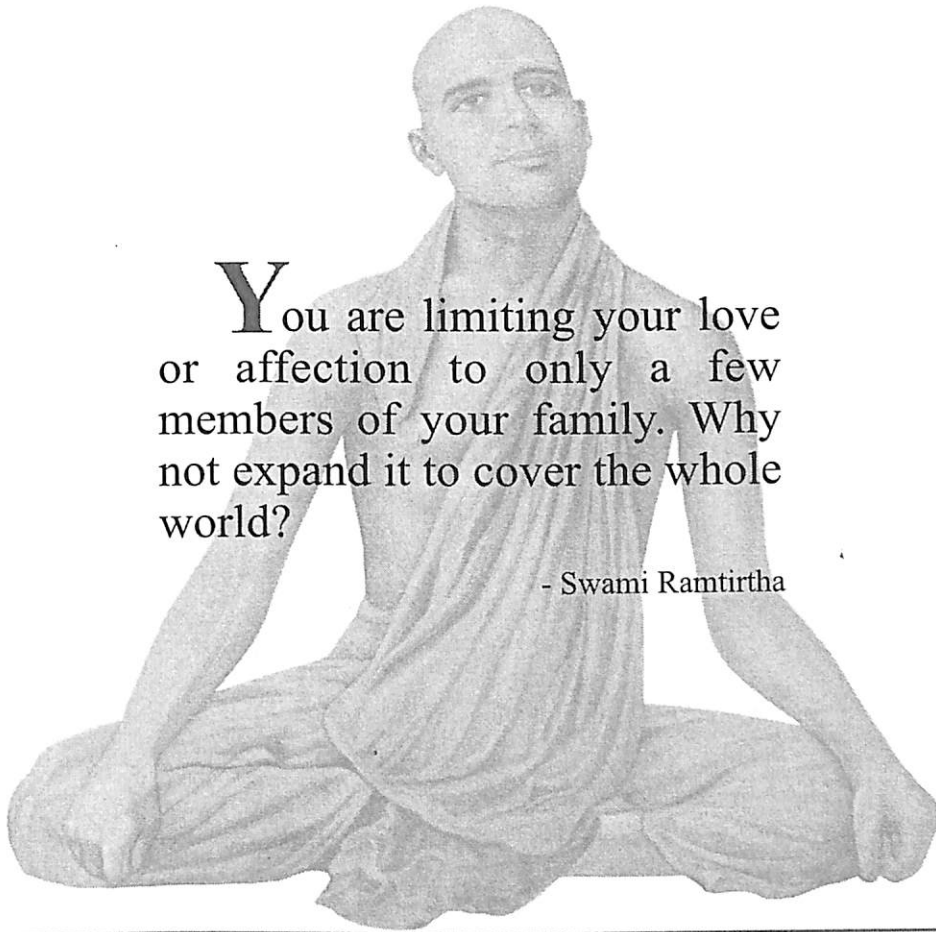
- Swami Ramtirtha

If three hundred and thirty three billions of Christ. (i.e., savours) appear in the world, it will do no good, unless you yourself undertake to remove the darkness within. Depend not on others.

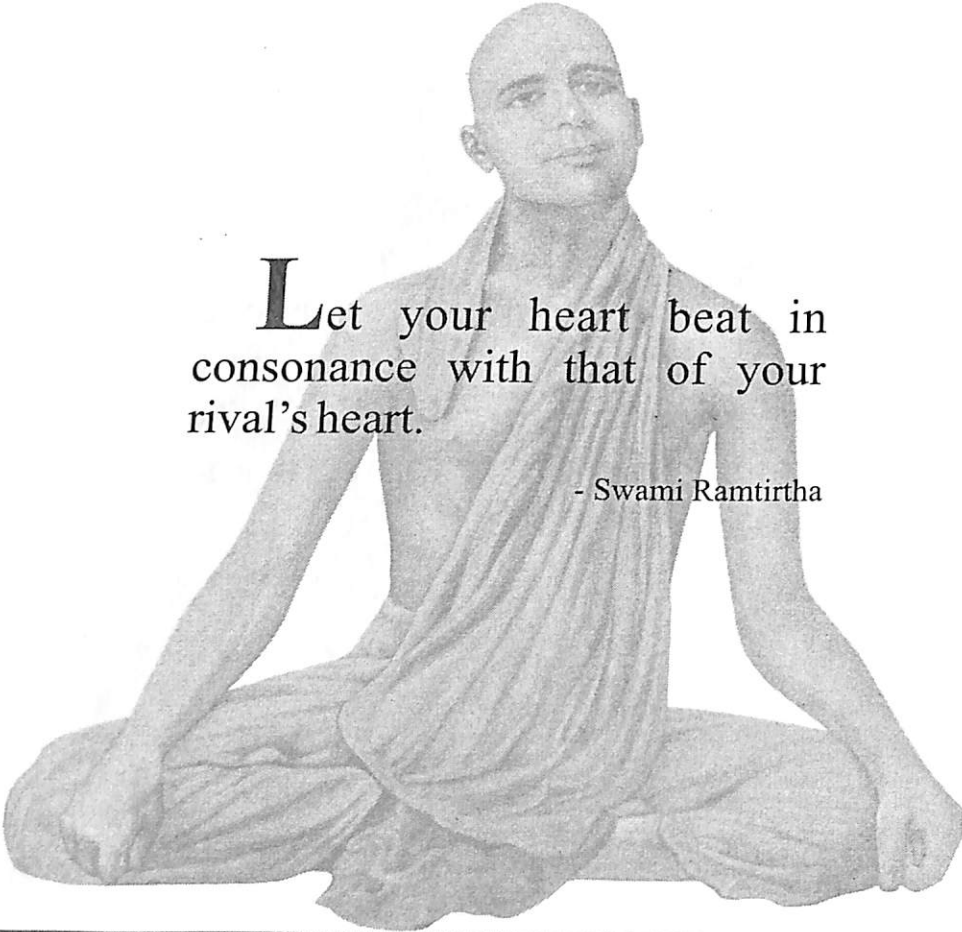
- Swami Ramtirtha

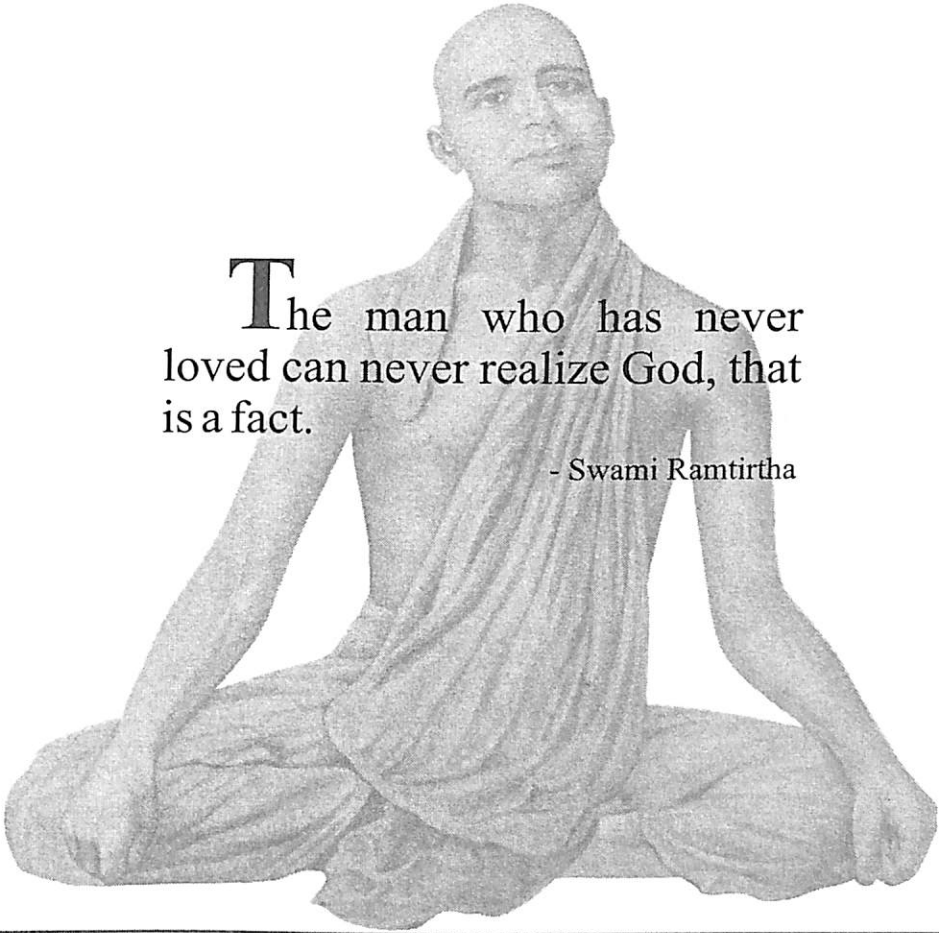
Why Problems?

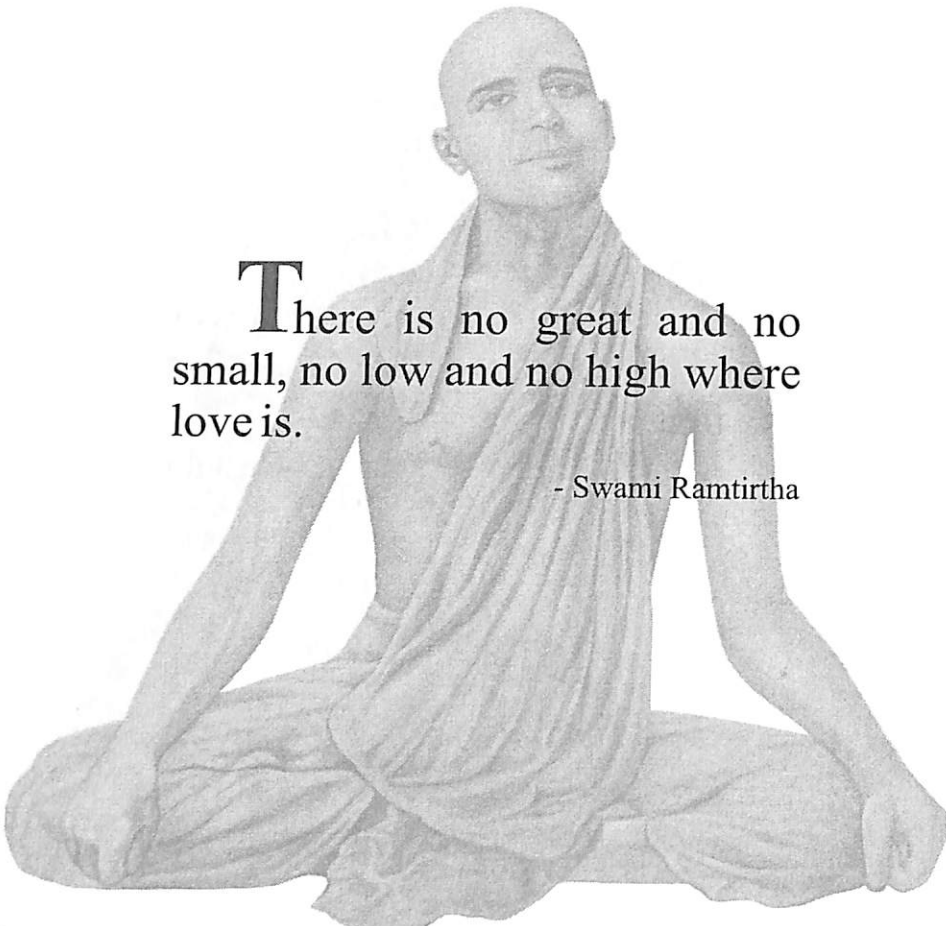
So long as a dead carcass is left in the house, there is every danger of all kinds of pest; when the corpse is removed, health reigns supreme. Just so, as long as body-consciousness is cherished, we invite every malady in the world.

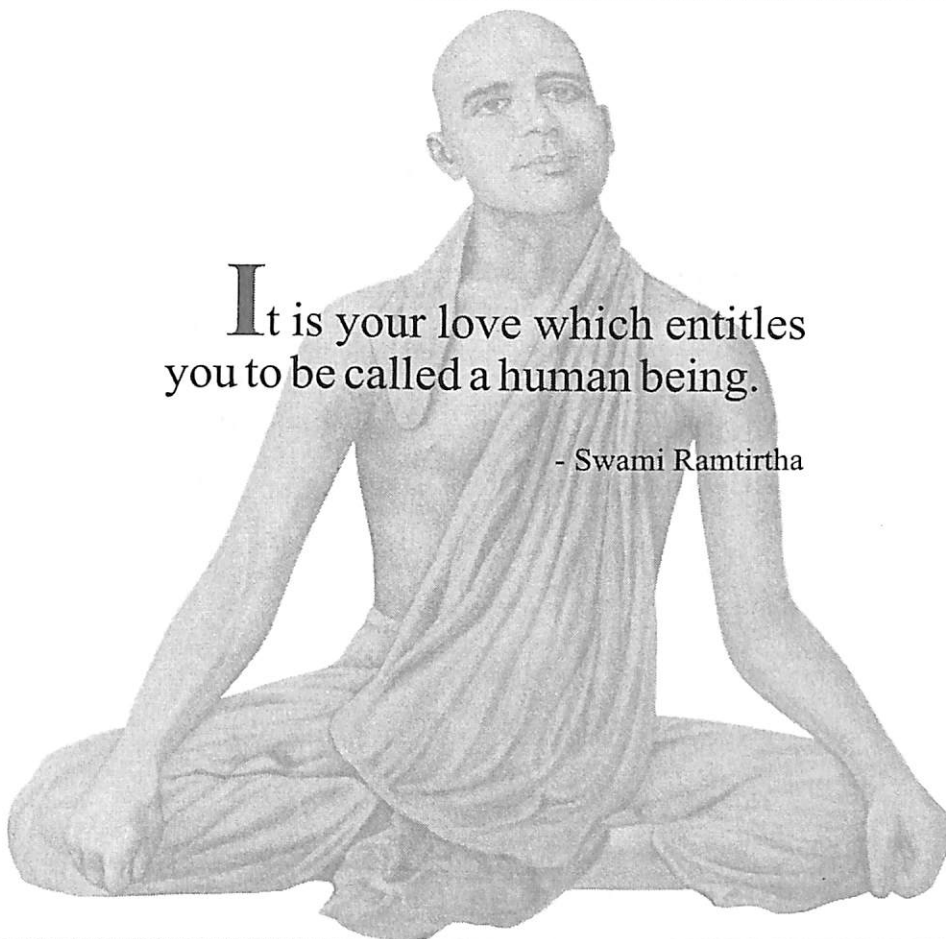
Evil is a disease, but worry over a disease is a worse disease.

- Swami Ramtirtha

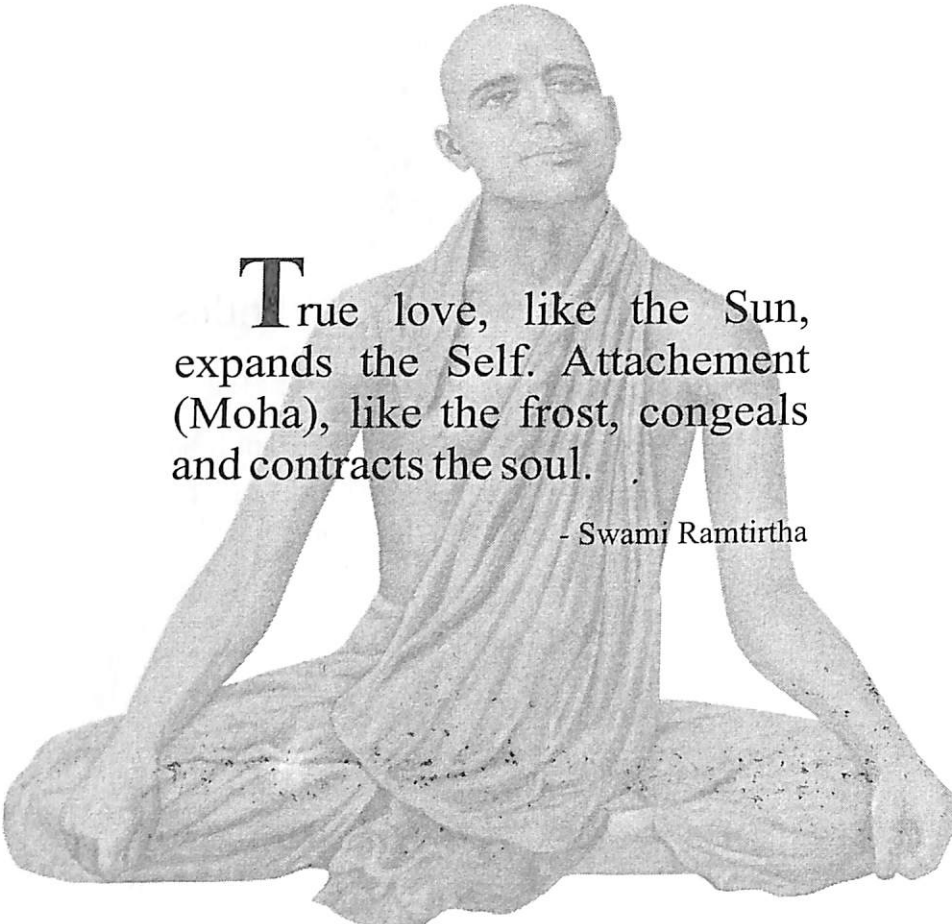
UNIVERSAL LOVE

No miracle is impossible for a man of Universal Love

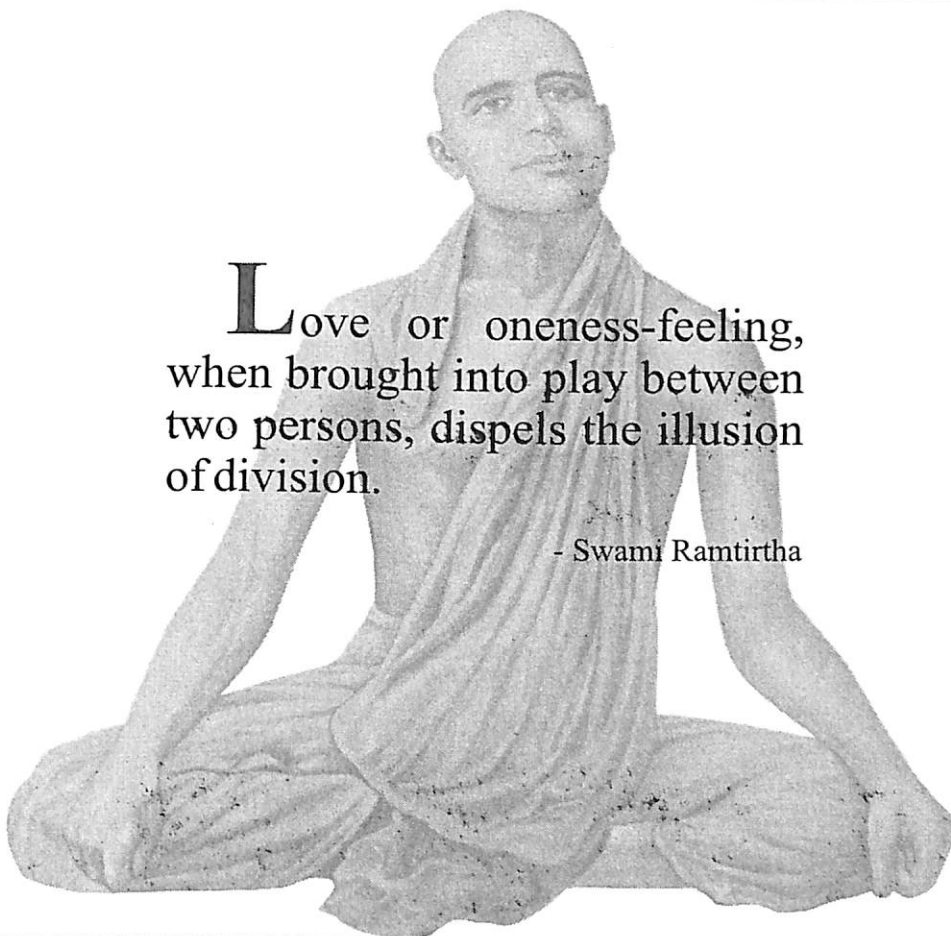
- Swami Ramtirtha

Love all, like your own self, irrespective of caste, creed, community or country.

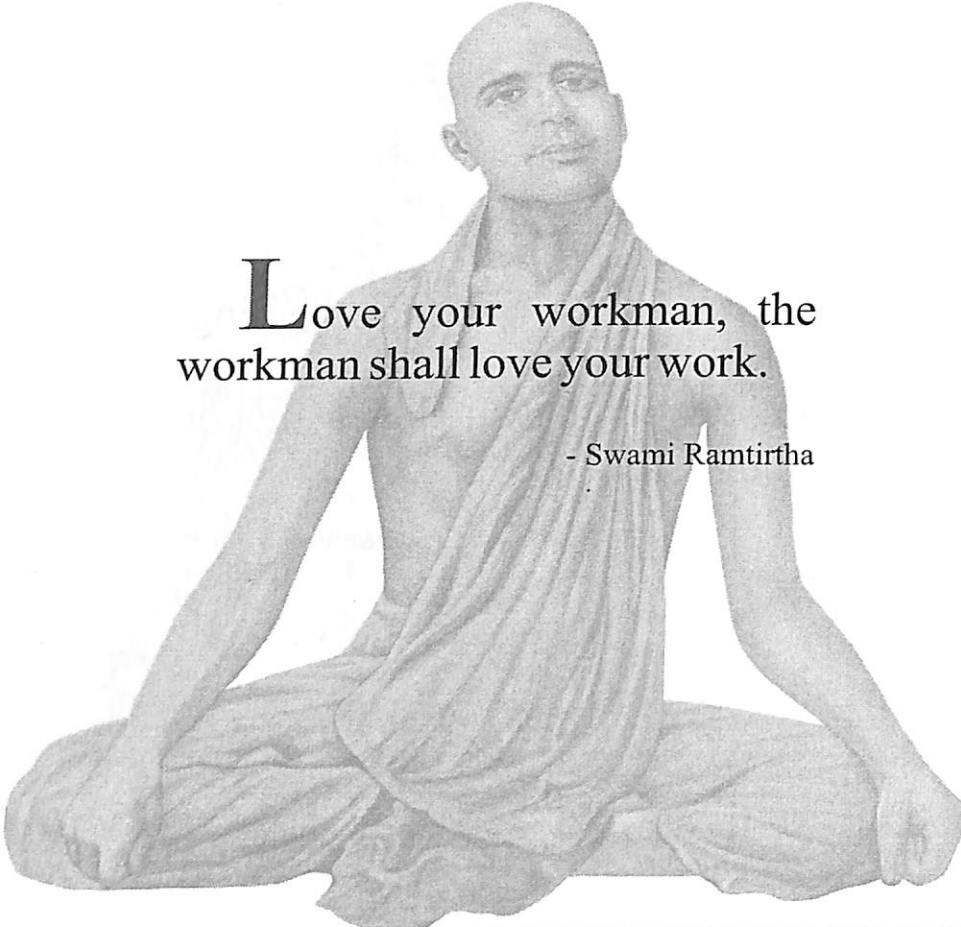
- Swami Ramtirtha

You are limiting your love or affection to only a few members of your family. Why not expand it to cover the whole world?

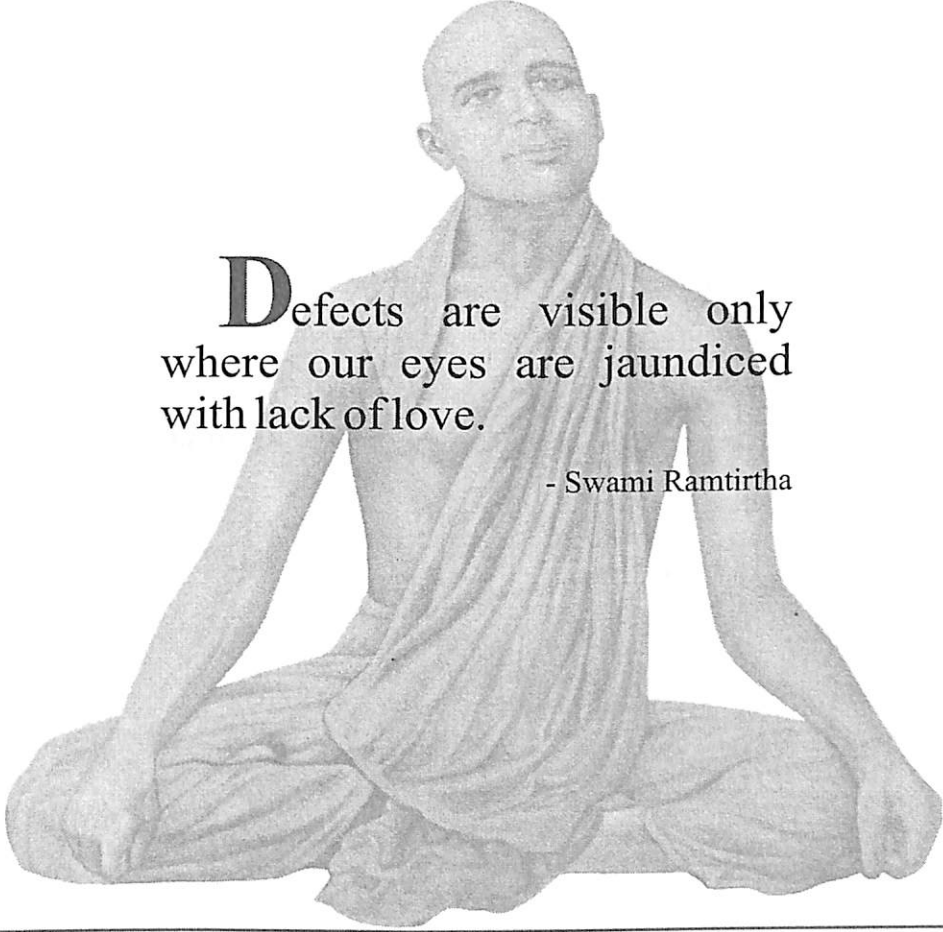
- Swami Ramtirtha

Let your heart beat in consonance with that of your rival's heart.

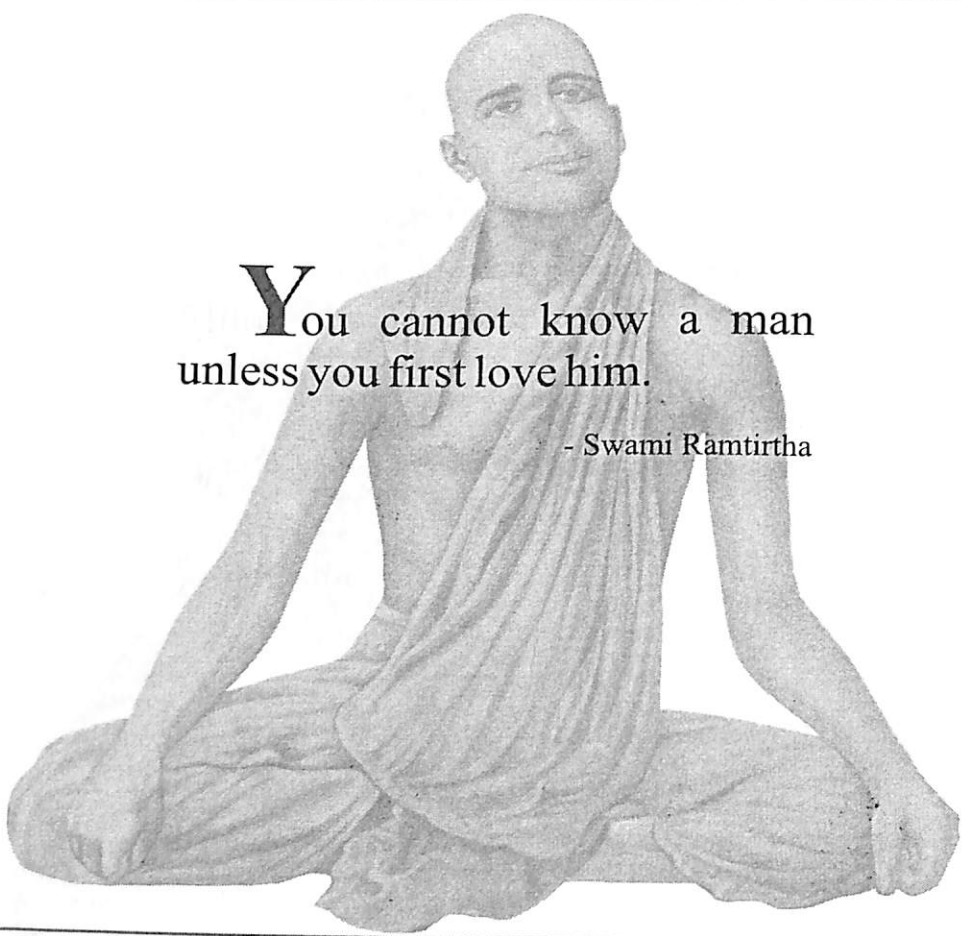
- Swami Ramtirtha

The man who has never loved can never realize God, that is a fact.

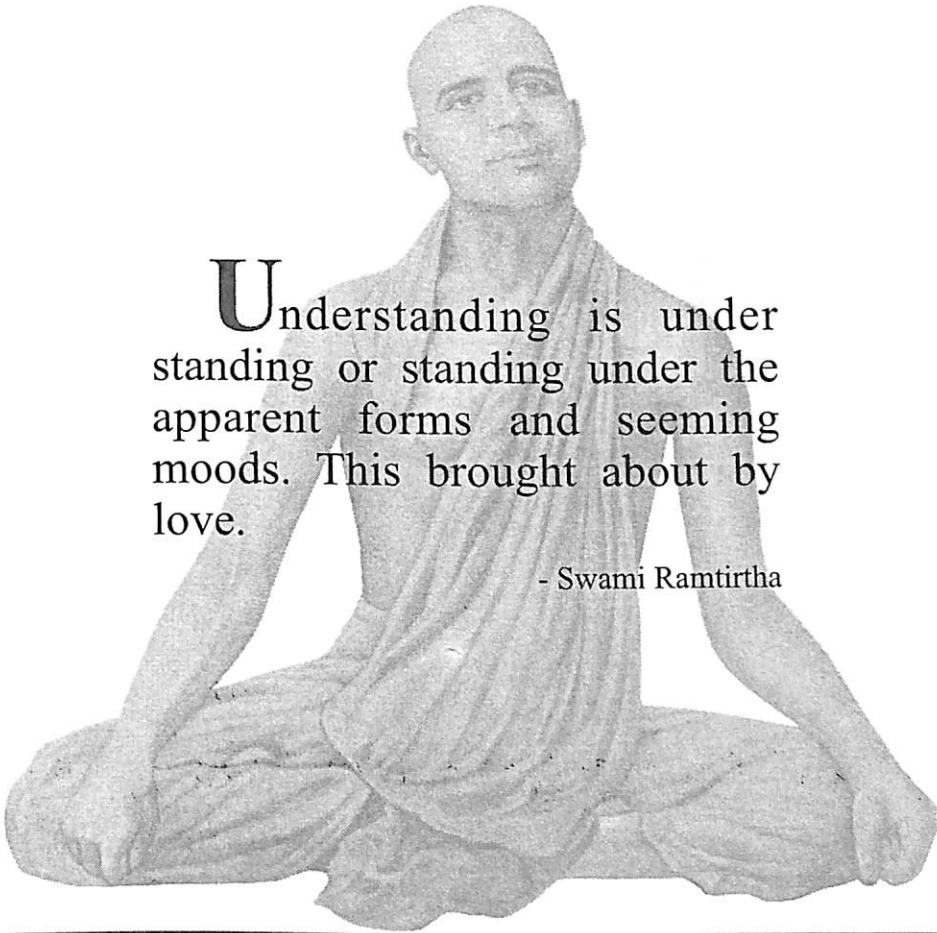
- Swami Ramtirtha

There is no great and no small, no low and no high where love is.

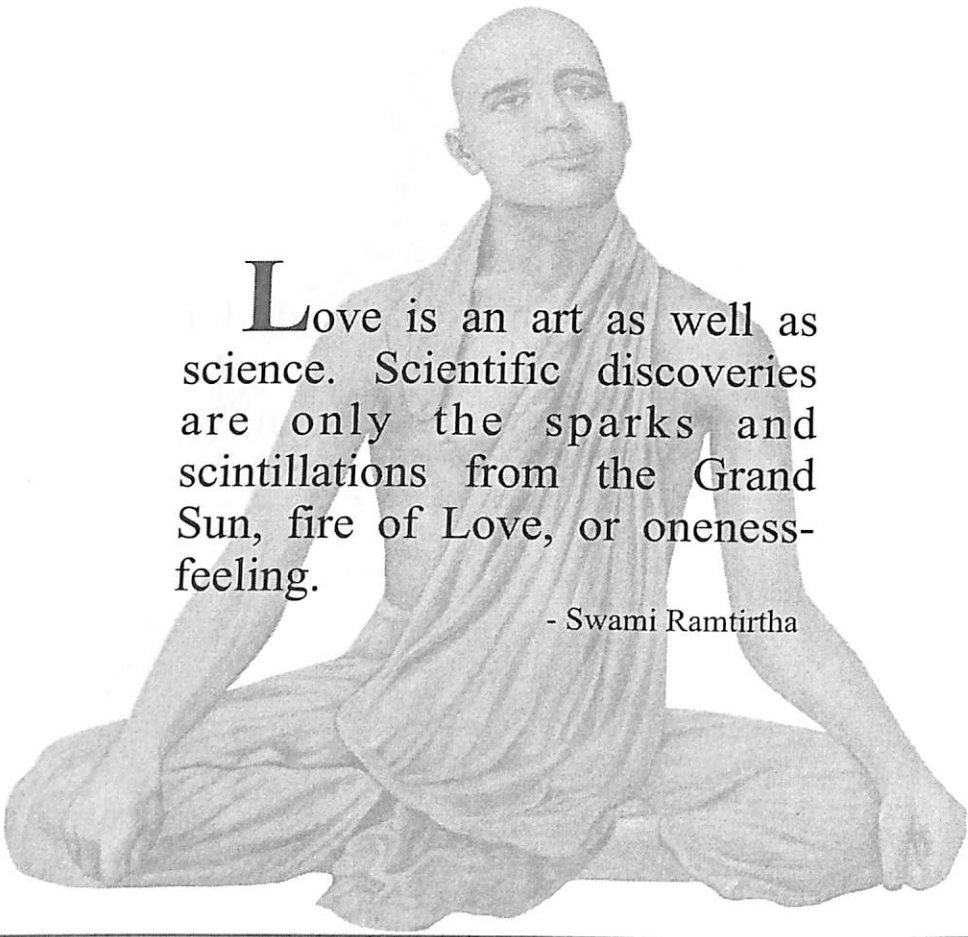
- Swami Ramtirtha

It is your love which entitles you to be called a human being.

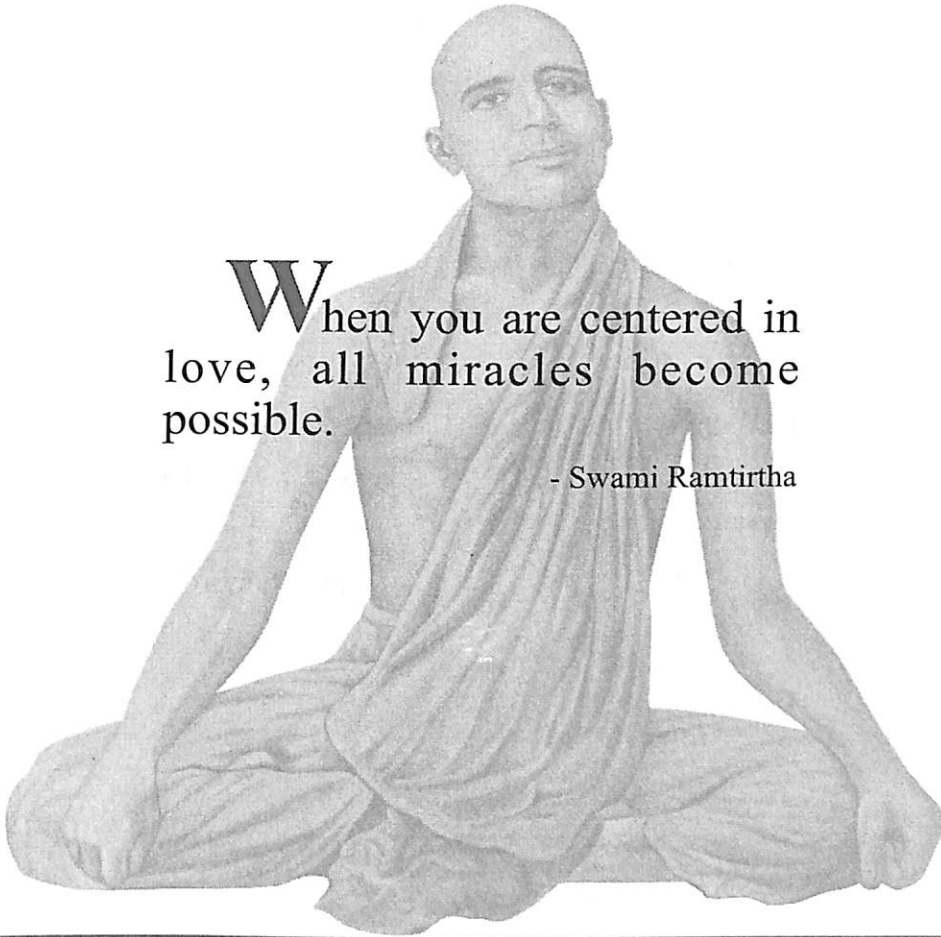
- Swami Ramtirtha

True love, like the Sun, expands the Self. Attachement (Moha), like the frost, congeals and contracts the soul.

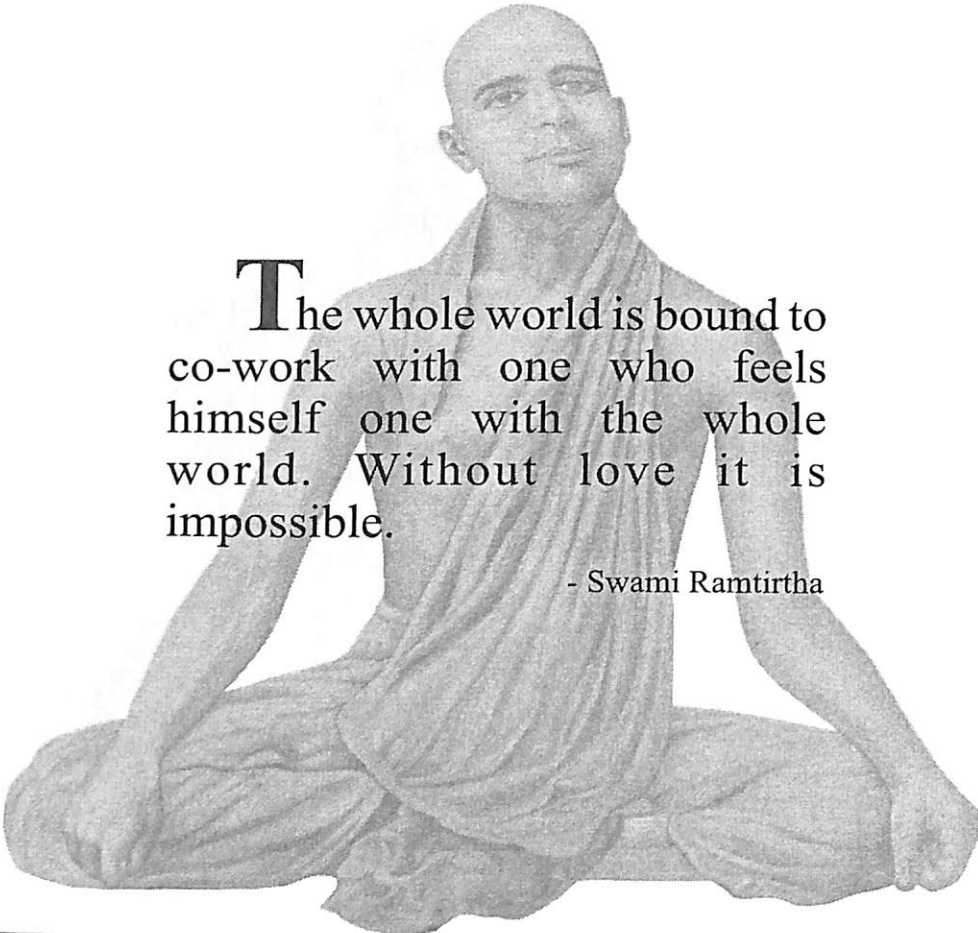
- Swami Ramtirtha

Love or oneness-feeling, when brought into play between two persons, dispels the illusion of division.

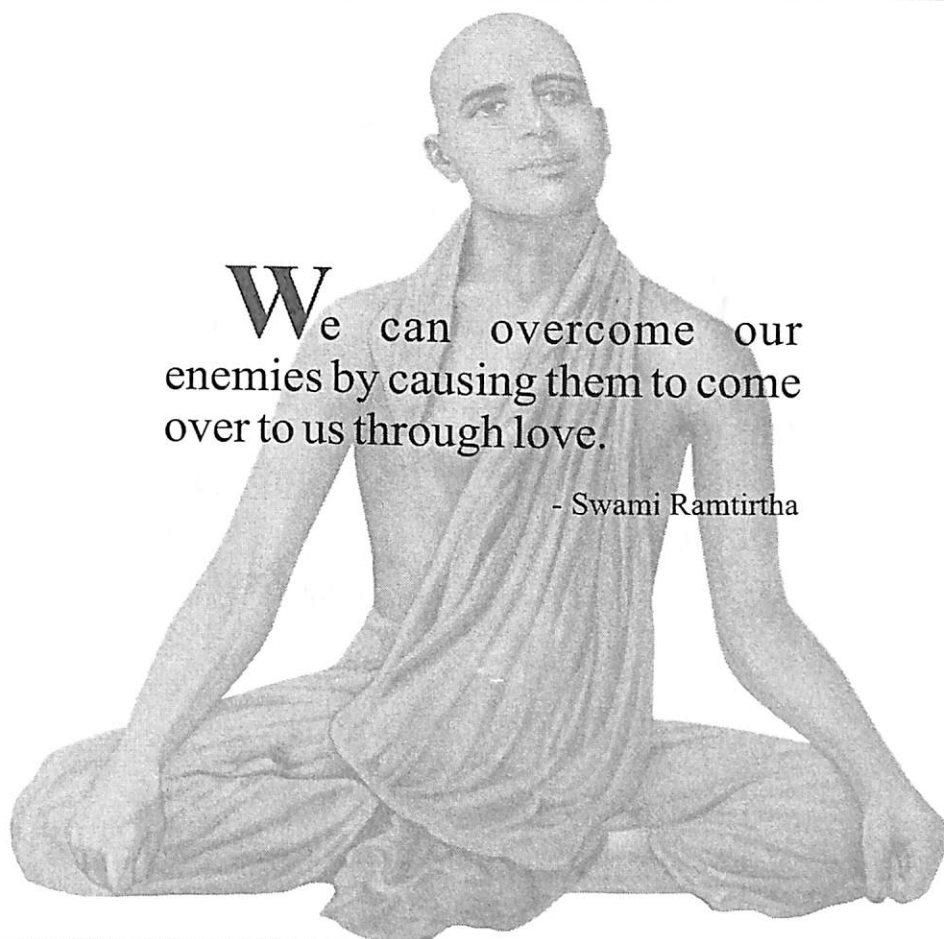
- Swami Ramtirtha

Love your workman, the workman shall love your work.

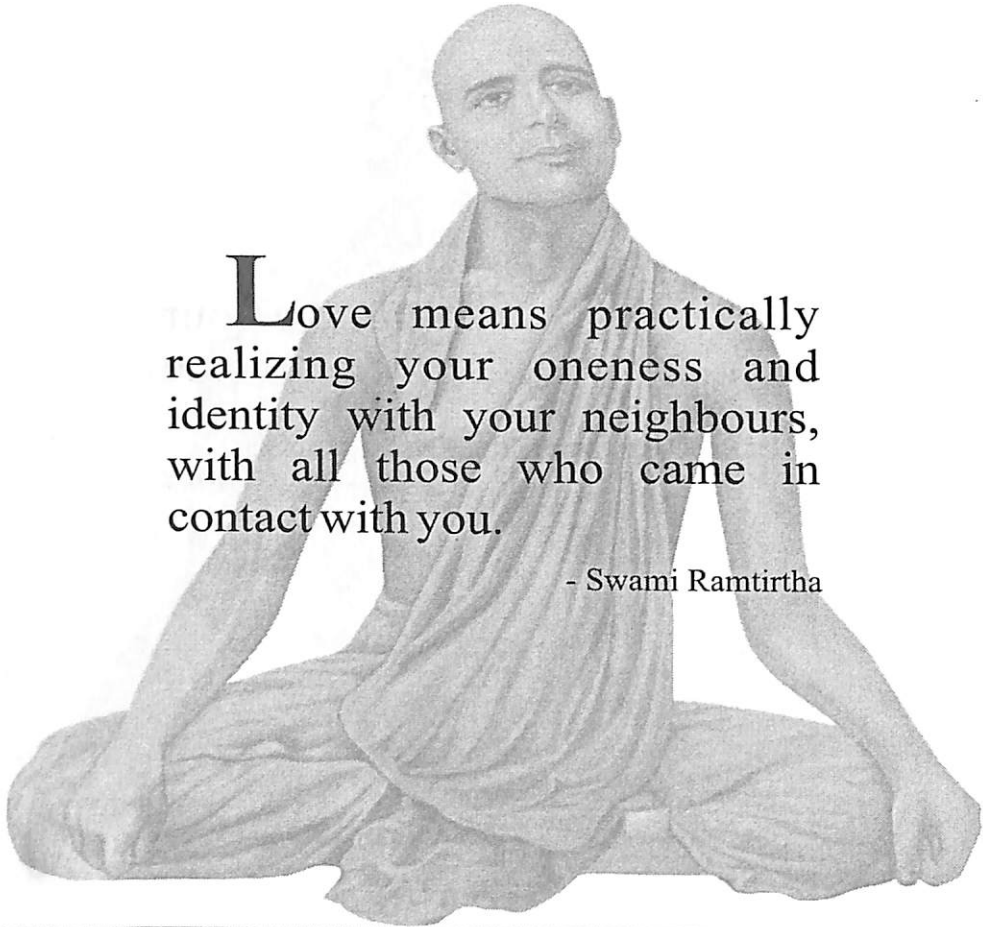
- Swami Ramtirtha

Defects are visible only where our eyes are jaundiced with lack of love.

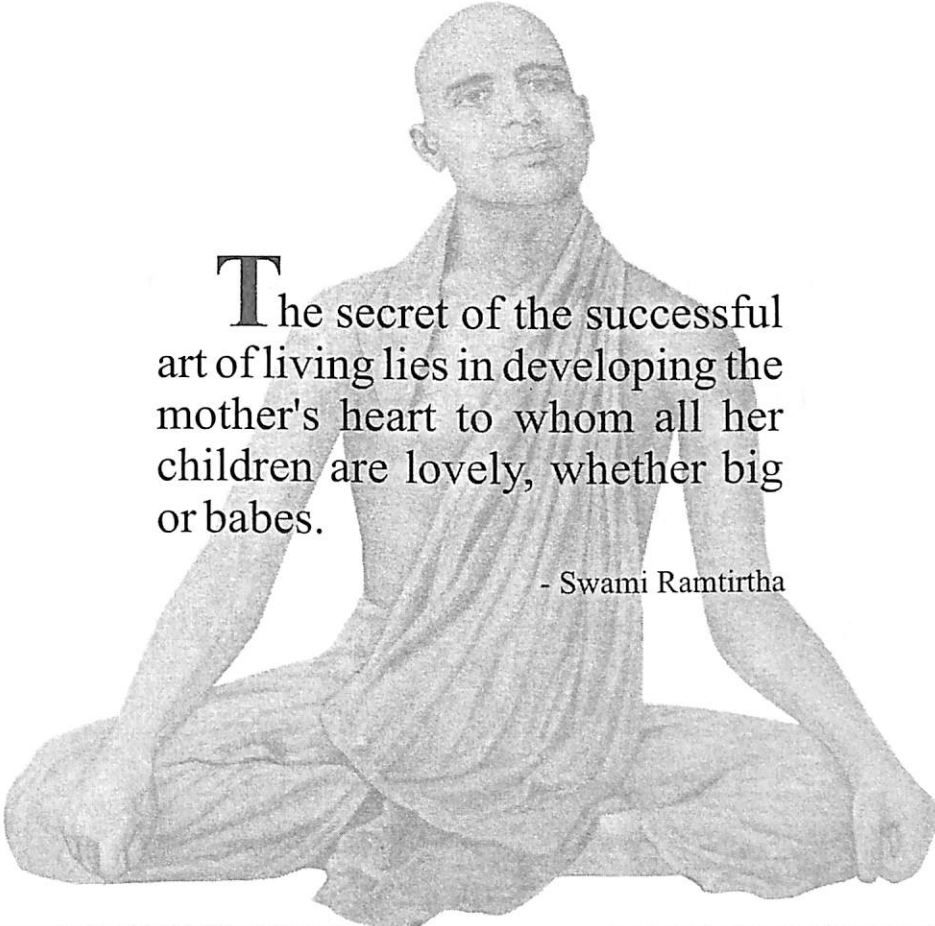
- Swami Ramtirtha

You cannot know a man unless you first love him.

- Swami Ramtirtha

Understanding is under standing or standing under the apparent forms and seeming moods. This brought about by love.

- Swami Ramtirtha

Love is an art as well as science. Scientific discoveries are only the sparks and scintillations from the Grand Sun, fire of Love, or oneness-feeling.

- Swami Ramtirtha

When you are centered in love, all miracles become possible.

- Swami Ramtirtha

The whole world is bound to co-work with one who feels himself one with the whole world. Without love it is impossible.

- Swami Ramtirtha

We can overcome our enemies by causing them to come over to us through love.

- Swami Ramtirtha

Love means practically realizing your oneness and identity with your neighbours, with all those who came in contact with you.

- Swami Ramtirtha

The secret of the successful art of living lies in developing the mother's heart to whom all her children are lovely, whether big or babes.

- Swami Ramtirtha

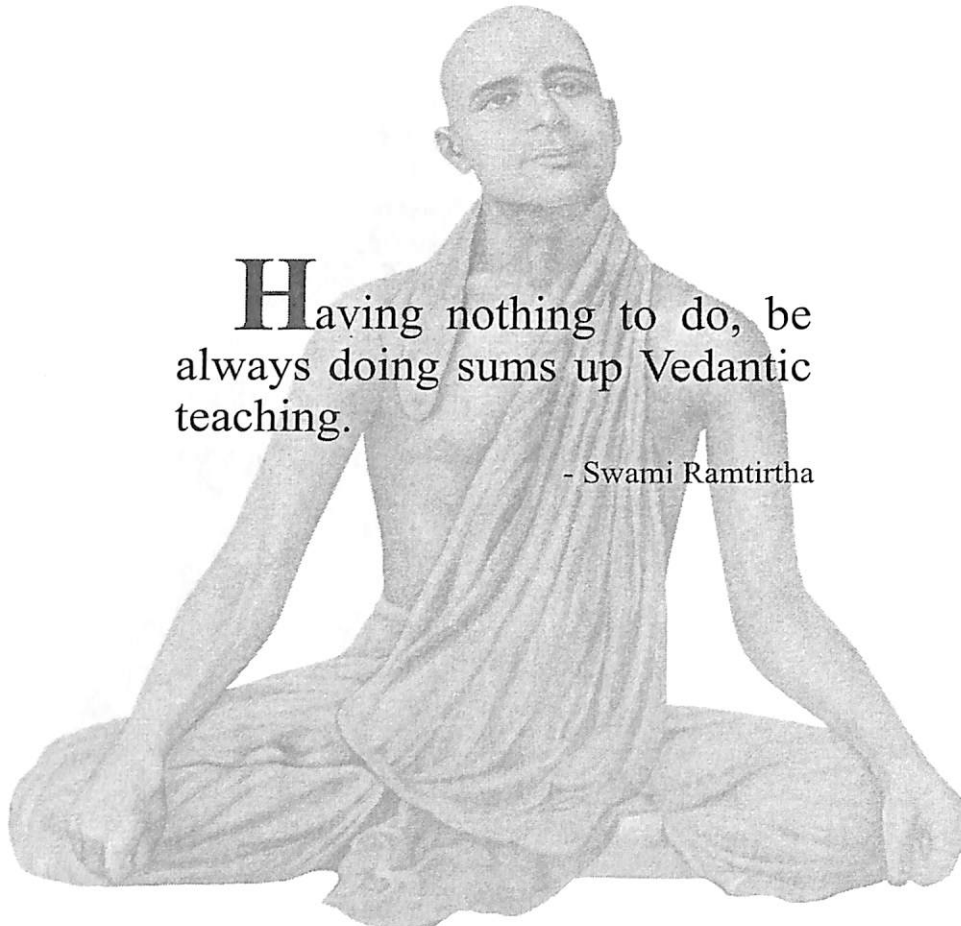
Confound not love with attachment.

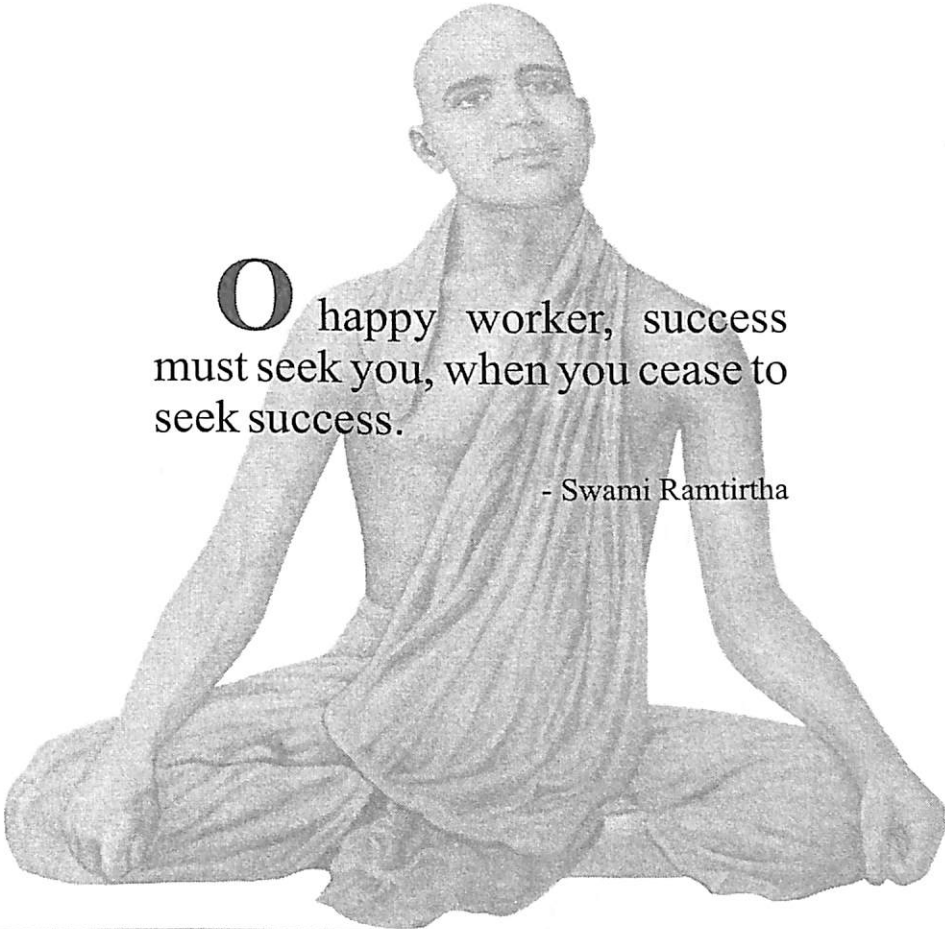
*

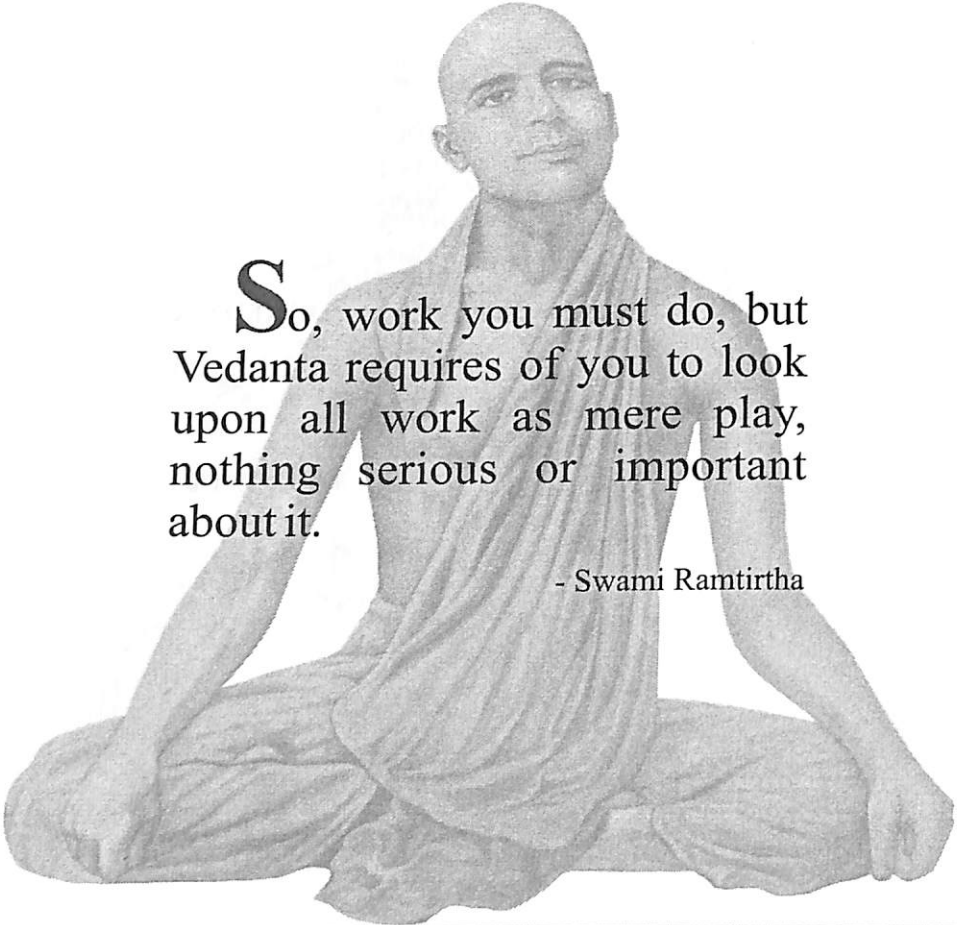
Love alone has right to break lanes.

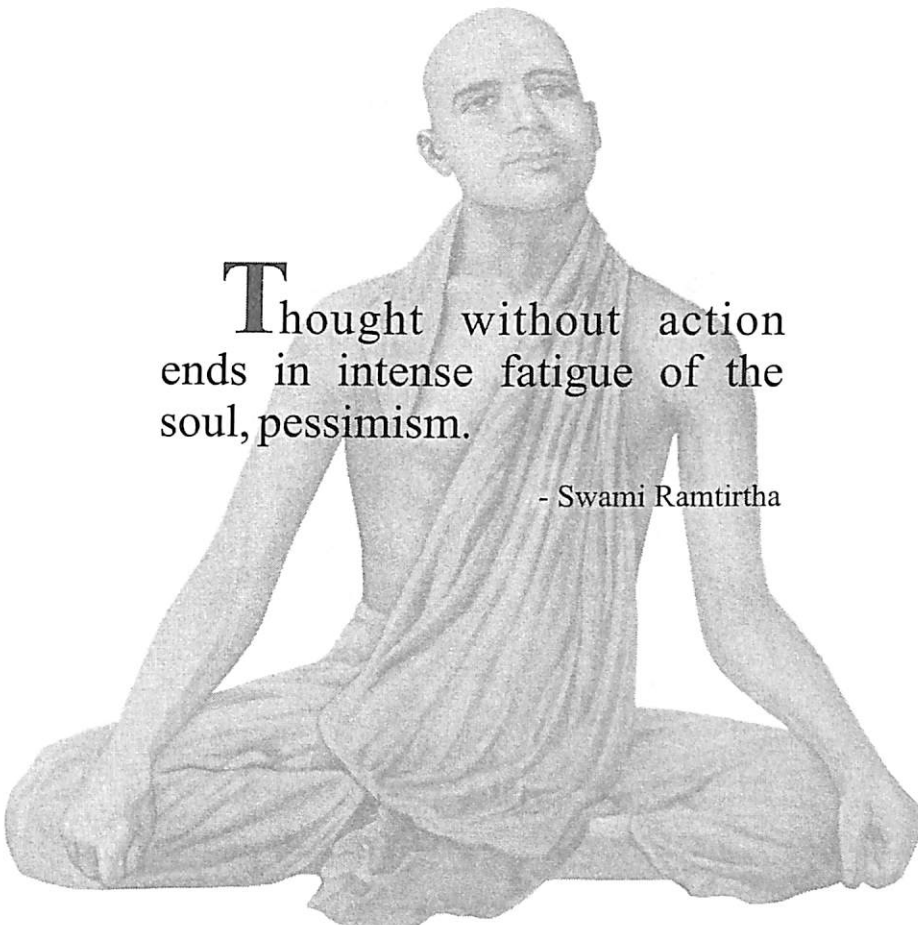
*

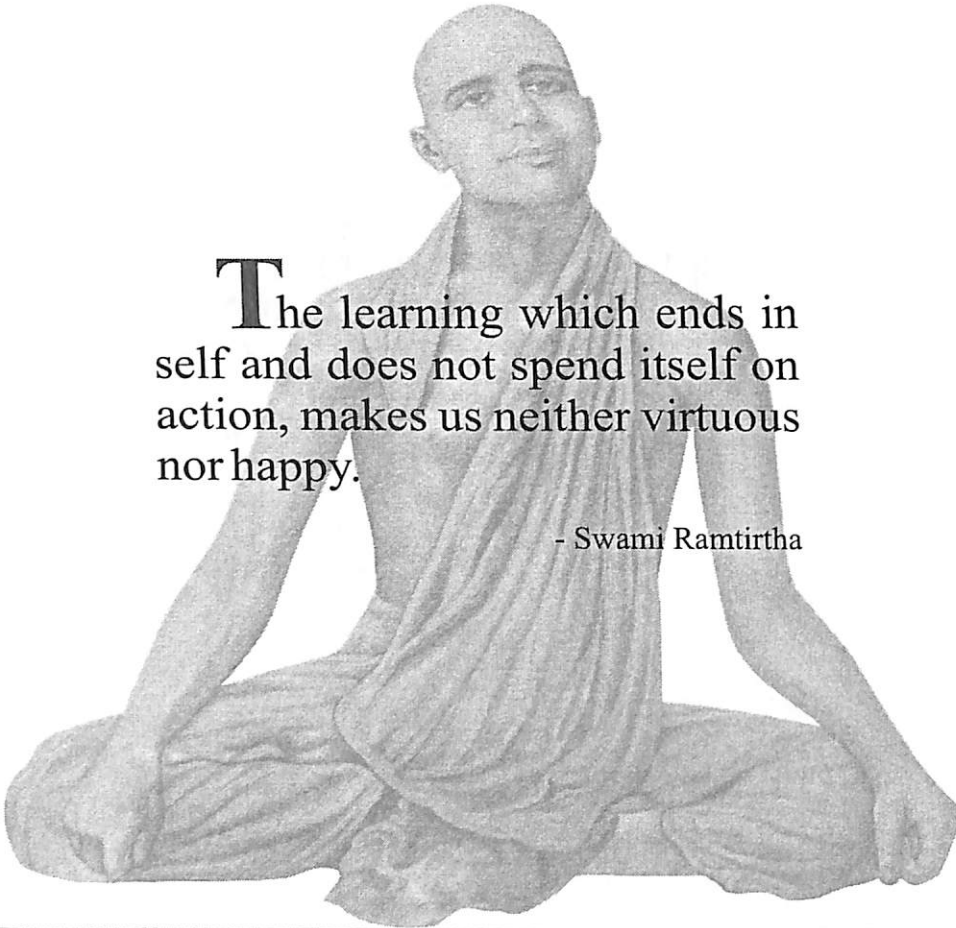
Love truth more and victory less.

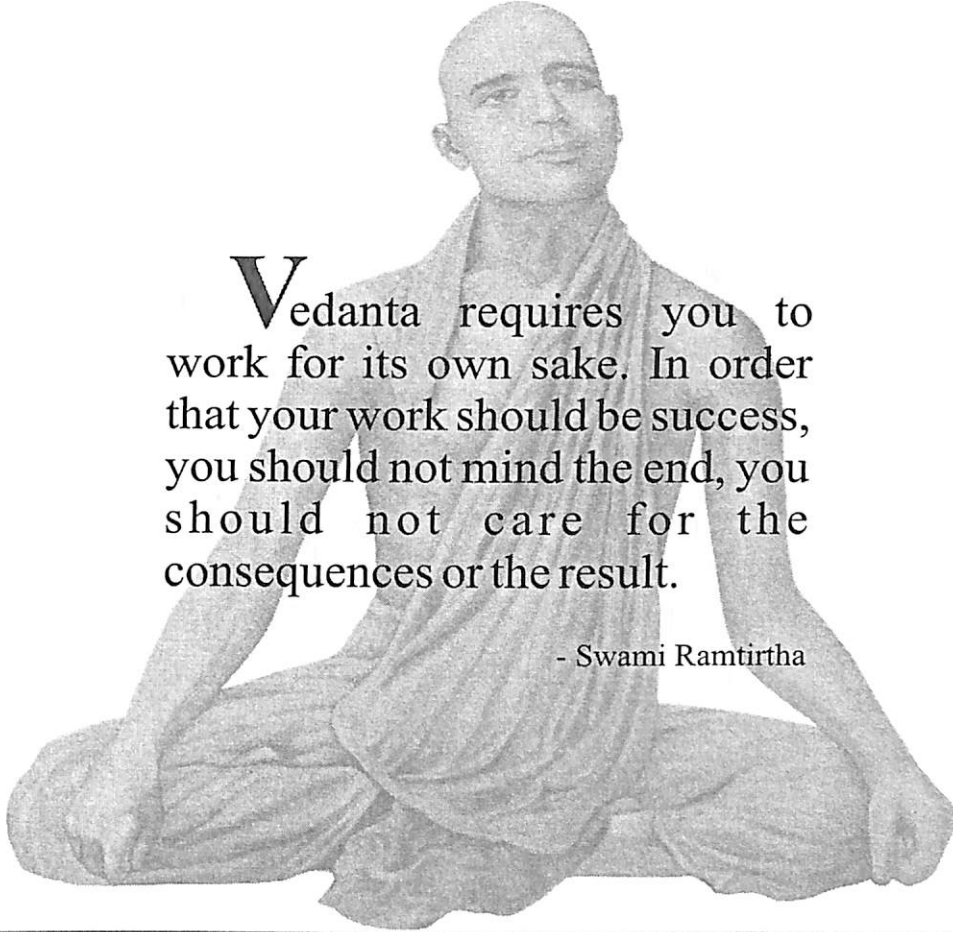
*

Love might hope where reason would despair

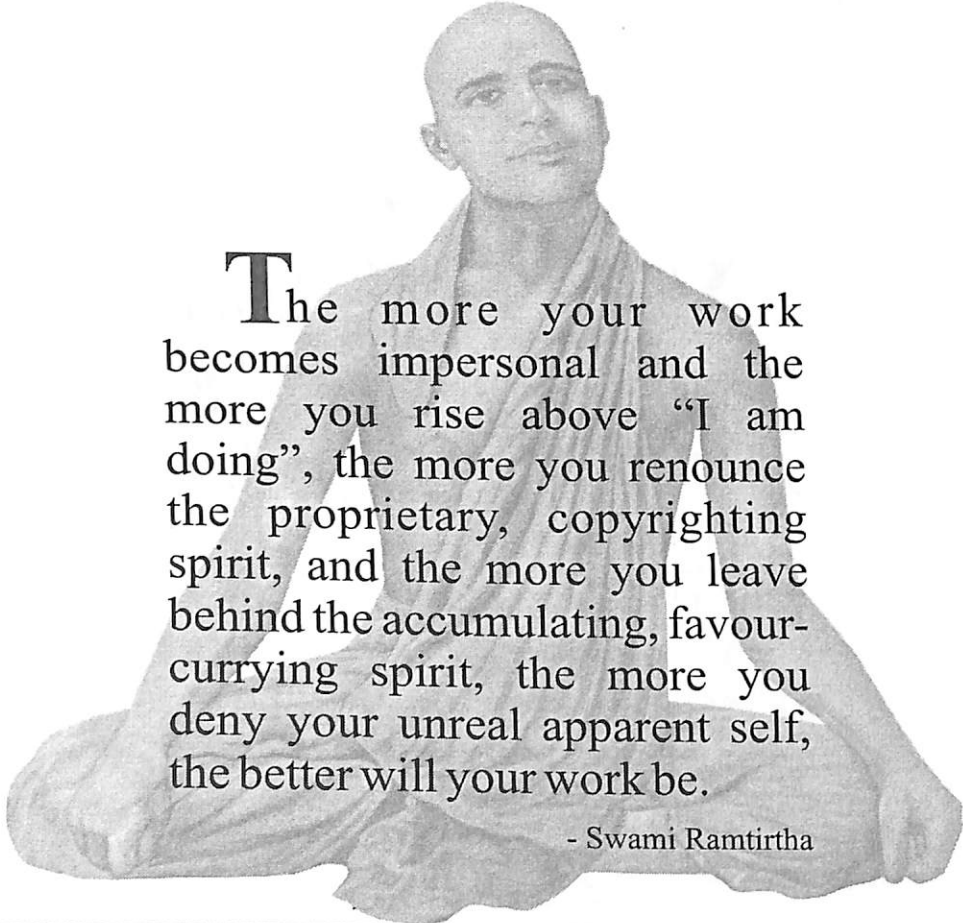
WORK

Let God work through you.

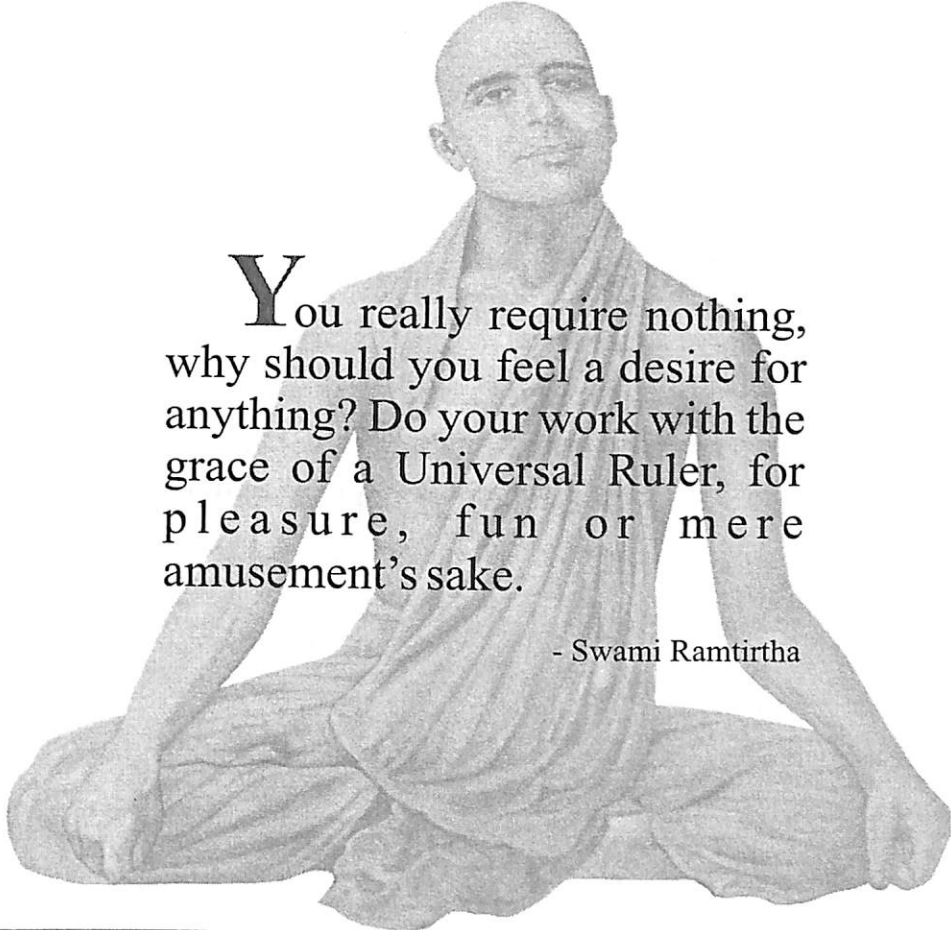
- Swami Ramtirtha

Having nothing to do, be always doing sums up Vedantic teaching.

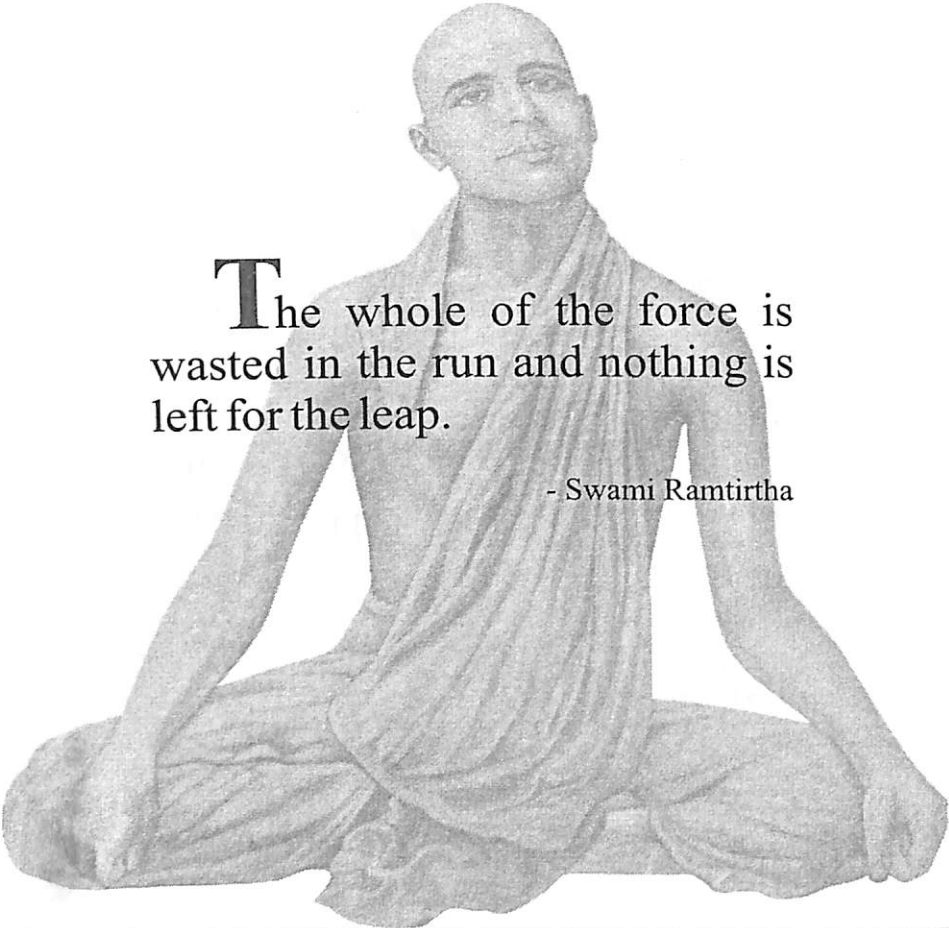
- Swami Ramtirtha

O happy worker, success must seek you, when you cease to seek success.

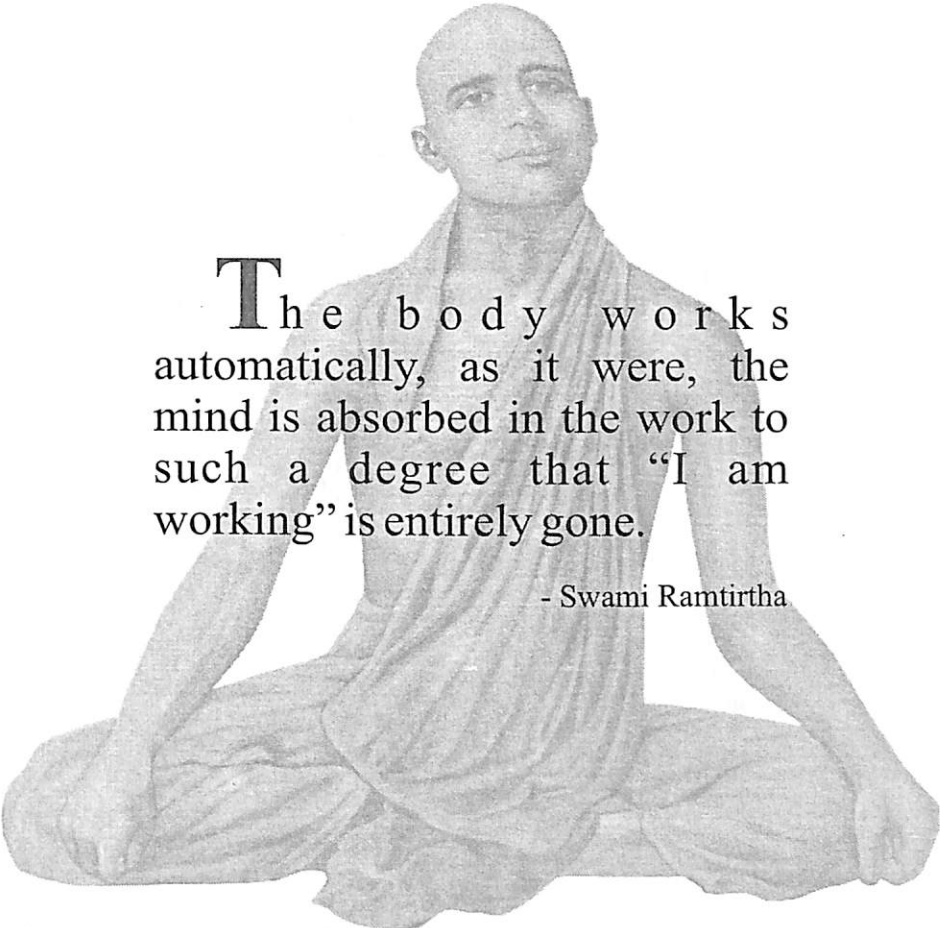
- Swami Ramtirtha

So, work you must do, but Vedanta requires of you to look upon all work as mere play, nothing serious or important about it.

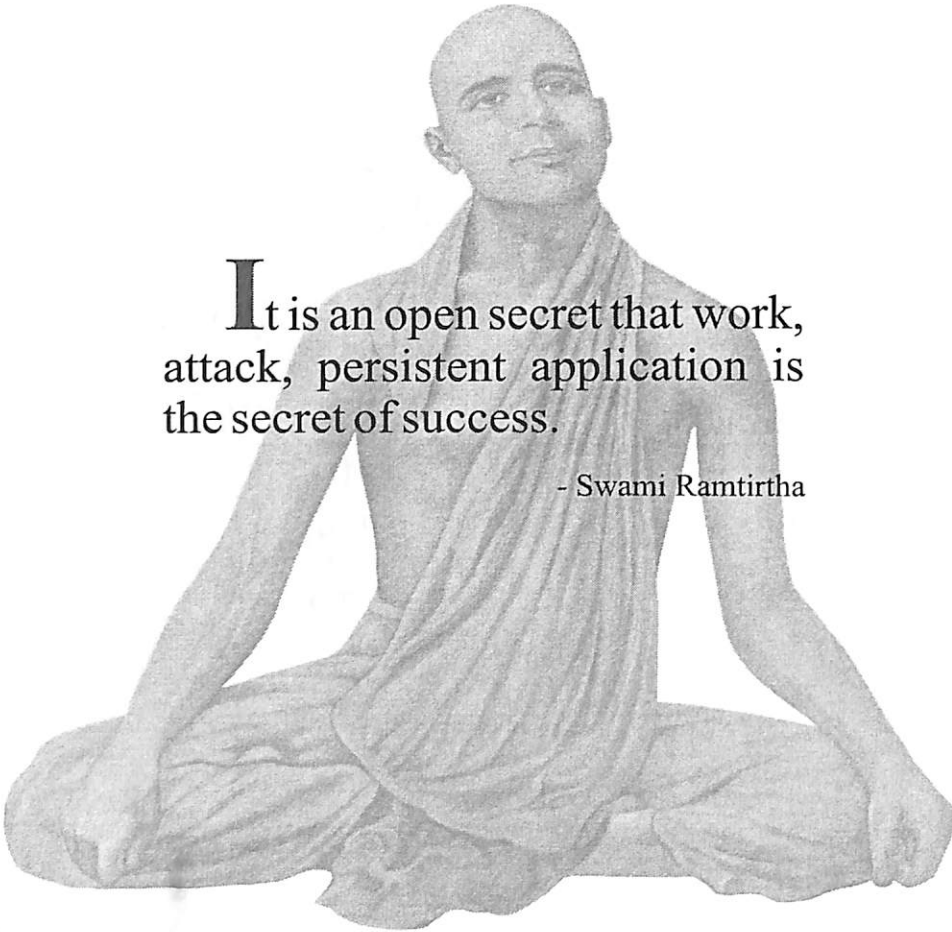
- Swami Ramtirtha

Thought without action ends in intense fatigue of the soul, pessimism.

- Swami Ramtirtha

The learning which ends in self and does not spend itself on action, makes us neither virtuous nor happy.

- Swami Ramtirtha

Vedanta requires you to work for its own sake. In order that your work should be success, you should not mind the end, you should not care for the consequences or the result.

- Swami Ramtirtha

The more your work becomes impersonal and the more you rise above "I am doing", the more you renounce the proprietary, copyrighting spirit, and the more you leave behind the accumulating, favour-currying spirit, the more you deny your unreal apparent self, the better will your work be.

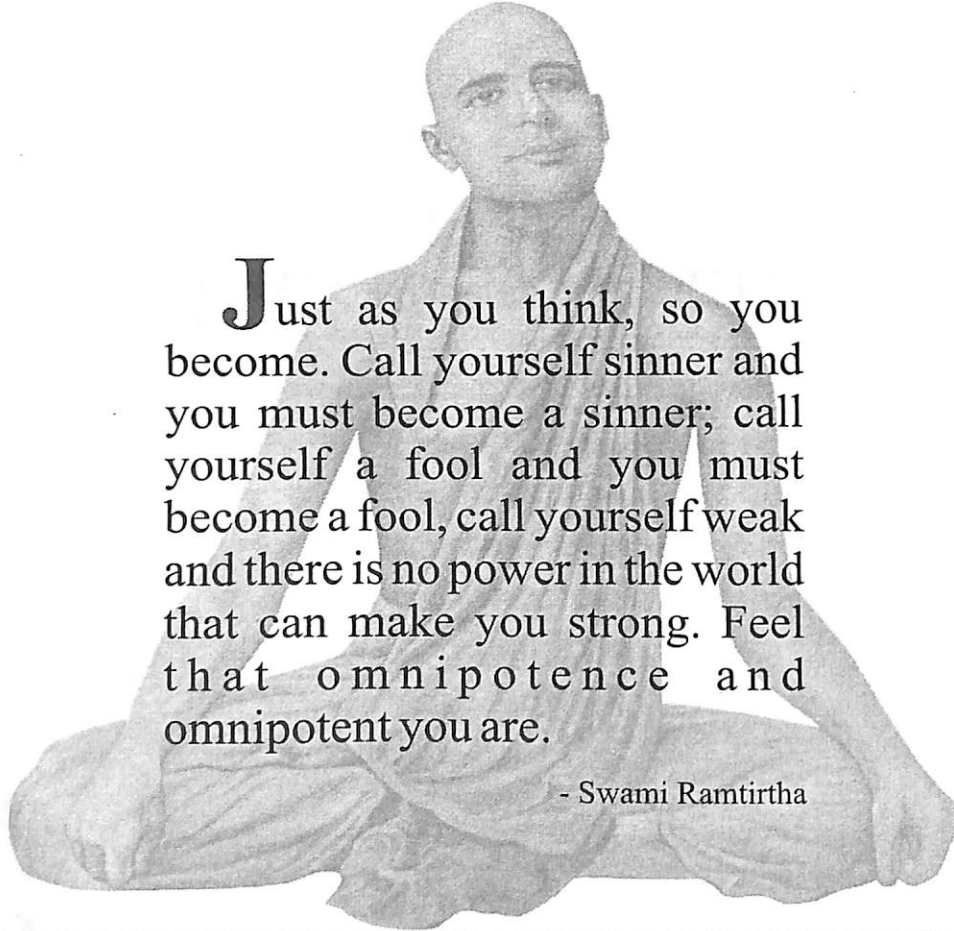
- Swami Ramtirtha

You really require nothing, why should you feel a desire for anything? Do your work with the grace of a Universal Ruler, for pleasure, fun or mere amusement's sake.

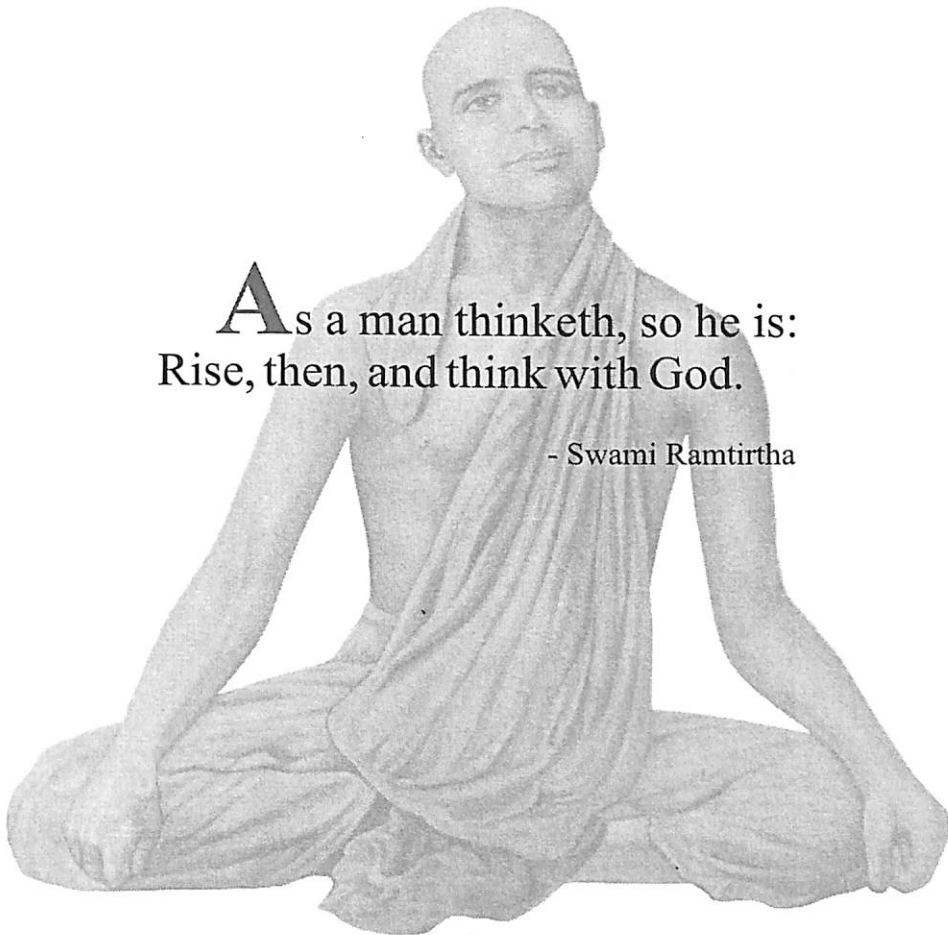
- Swami Ramtirtha

The whole of the force is wasted in the run and nothing is left for the leap.

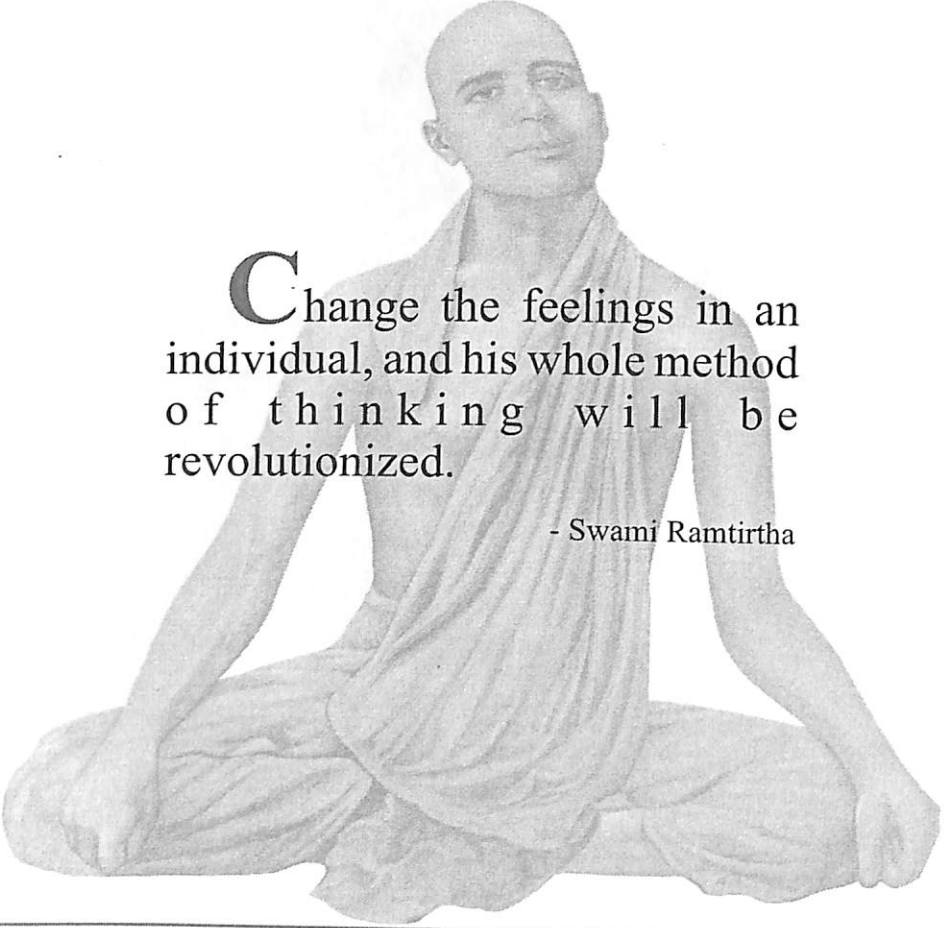
- Swami Ramtirtha

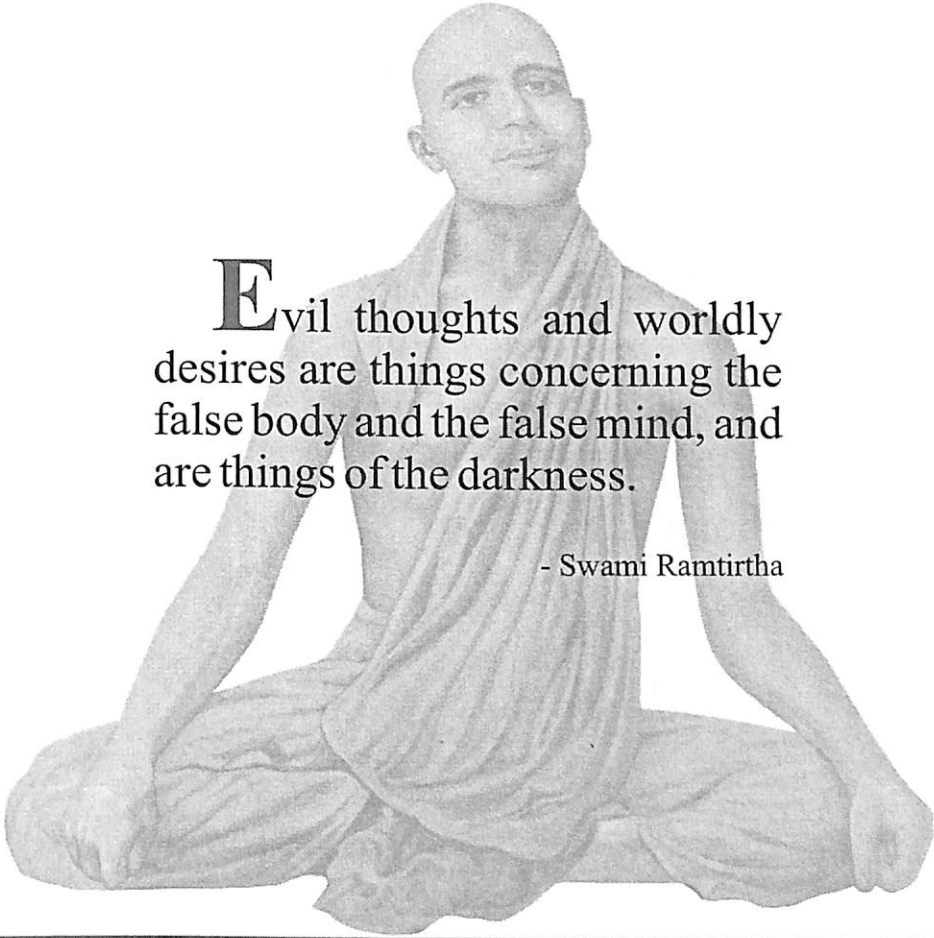
The body works automatically, as it were, the mind is absorbed in the work to such a degree that "I am working" is entirely gone.

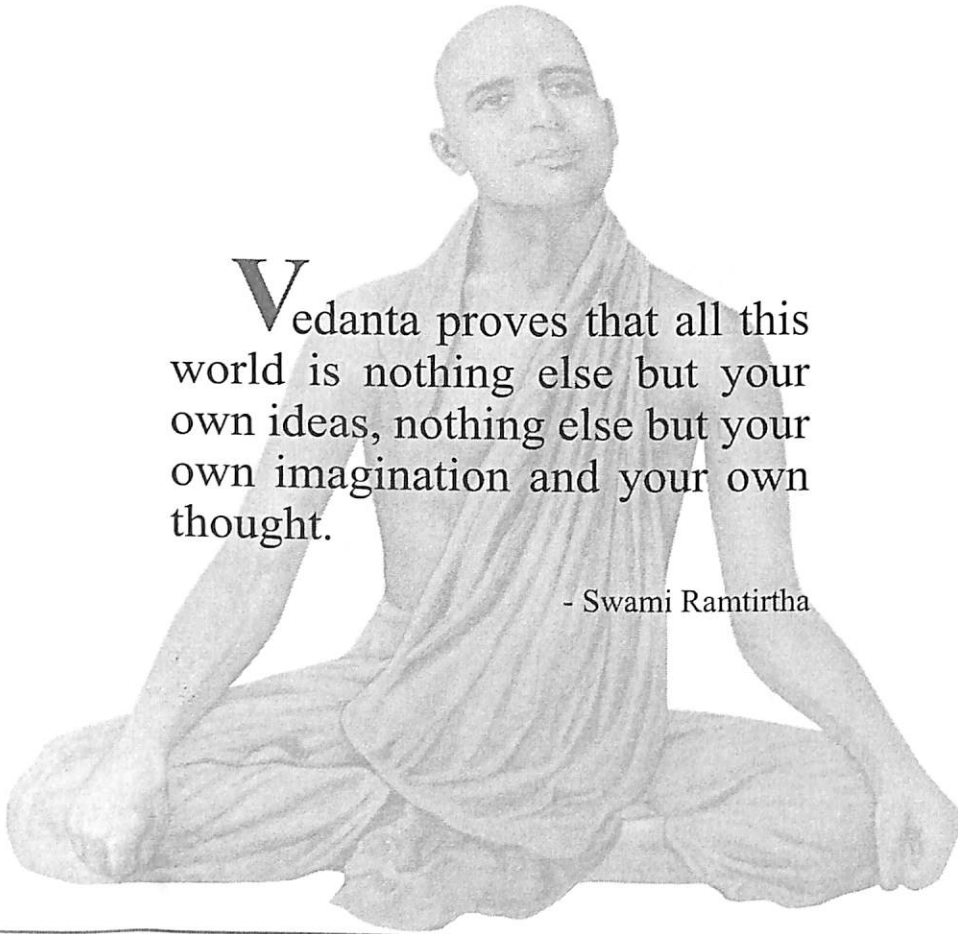
- Swami Ramtirtha

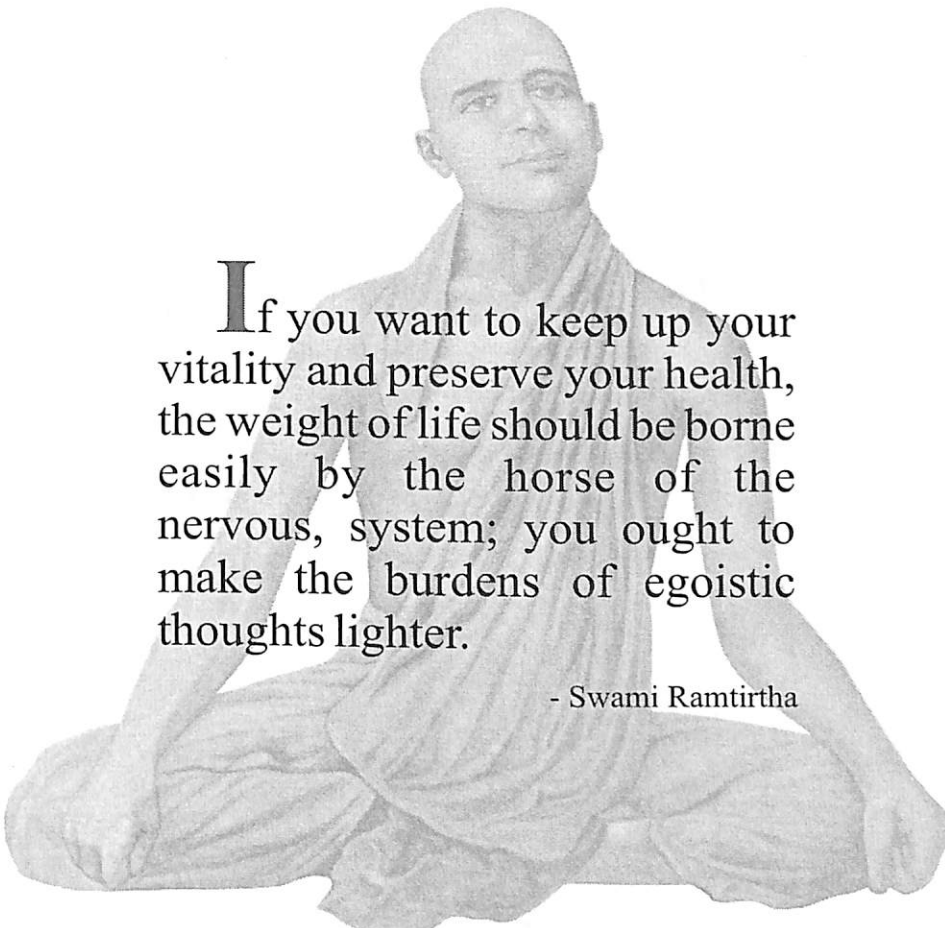
It is an open secret that work, attack, persistent application is the secret of success.

\- Swami Ramtirtha

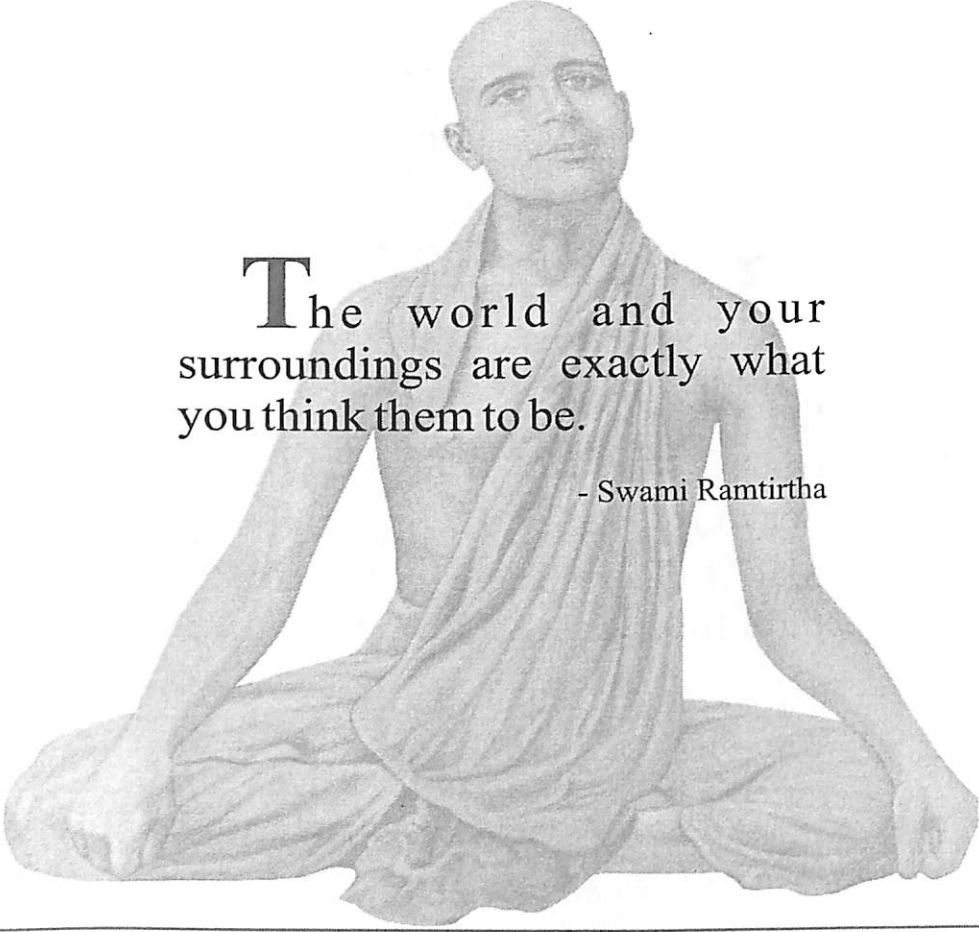
THOUGHTS

The world is mind precipitated

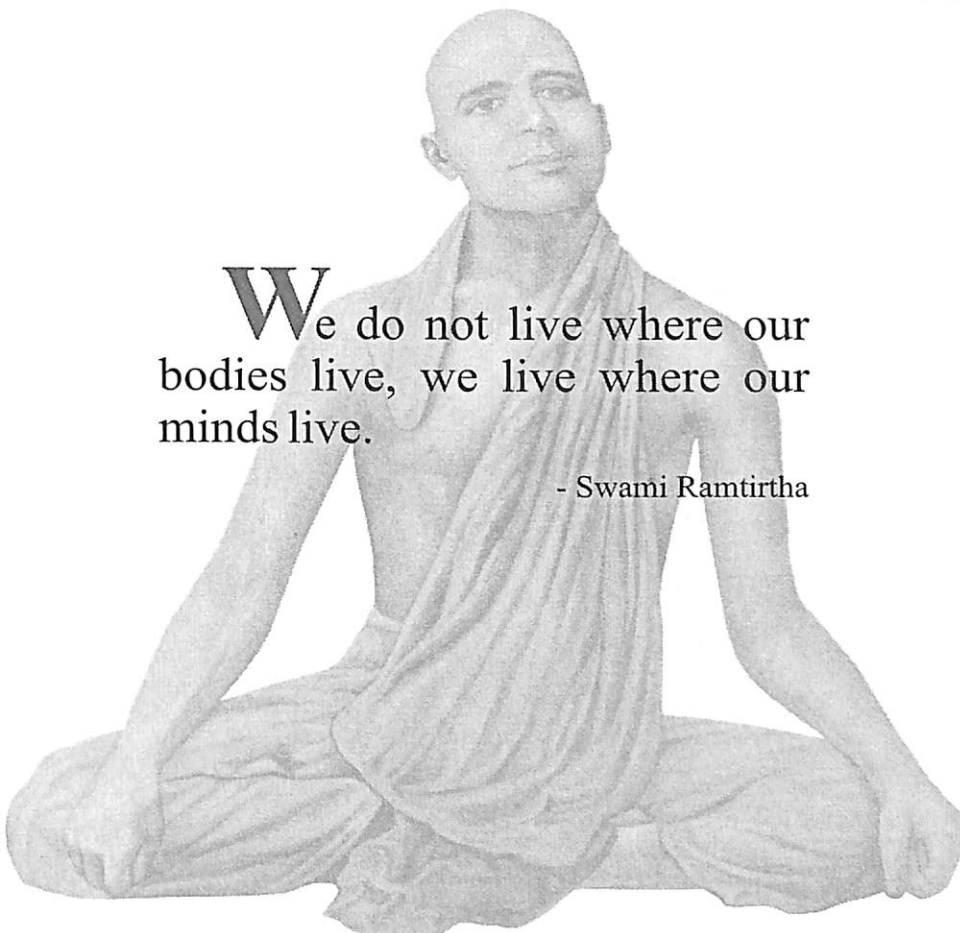
-Swami Ramtirtha

Just as you think, so you become. Call yourself sinner and you must become a sinner; call yourself a fool and you must become a fool, call yourself weak and there is no power in the world that can make you strong. Feel that omnipotence and omnipotent you are.

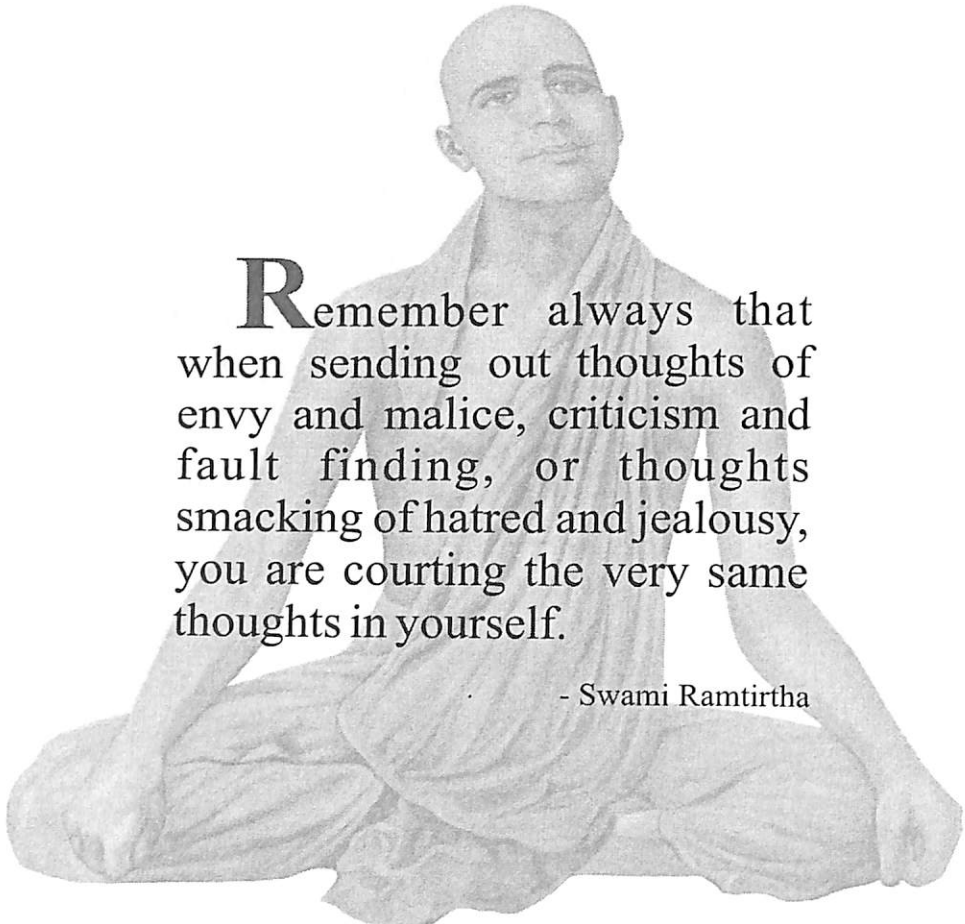
- Swami Ramtirtha

As a man thinketh, so he is:
Rise, then, and think with God.

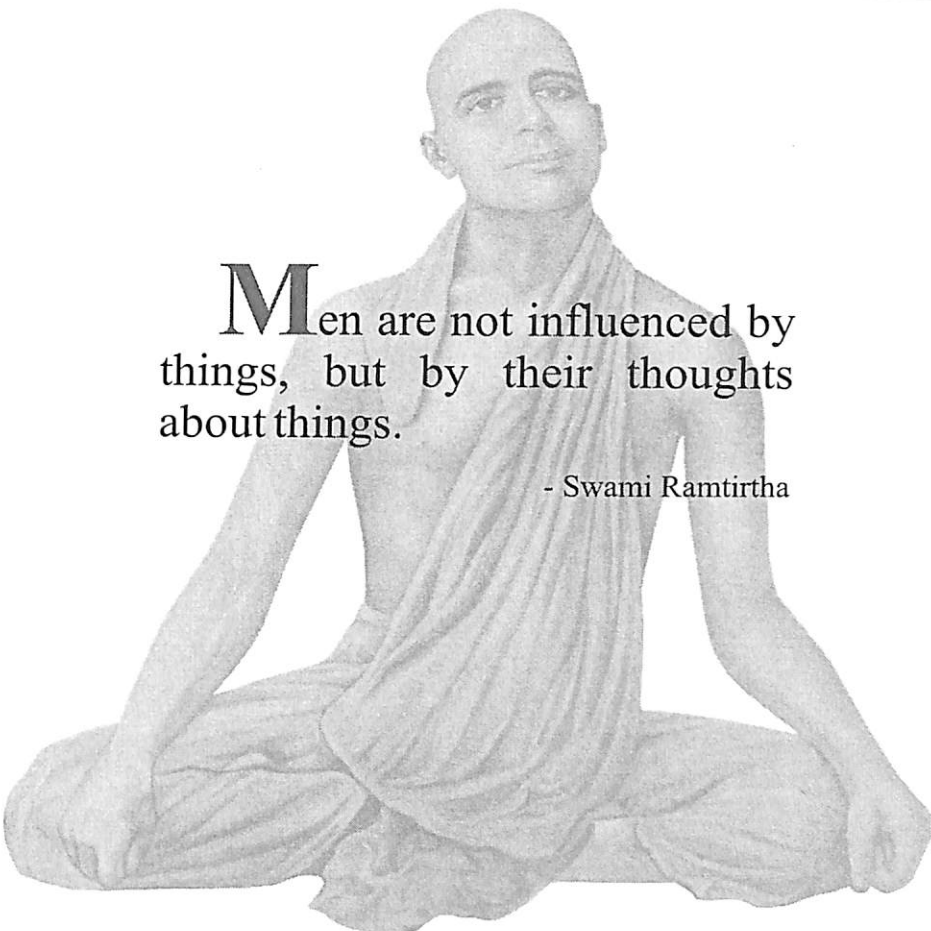
\- Swami Ramtirtha

Change the feelings in an individual, and his whole method of thinking will be revolutionized.

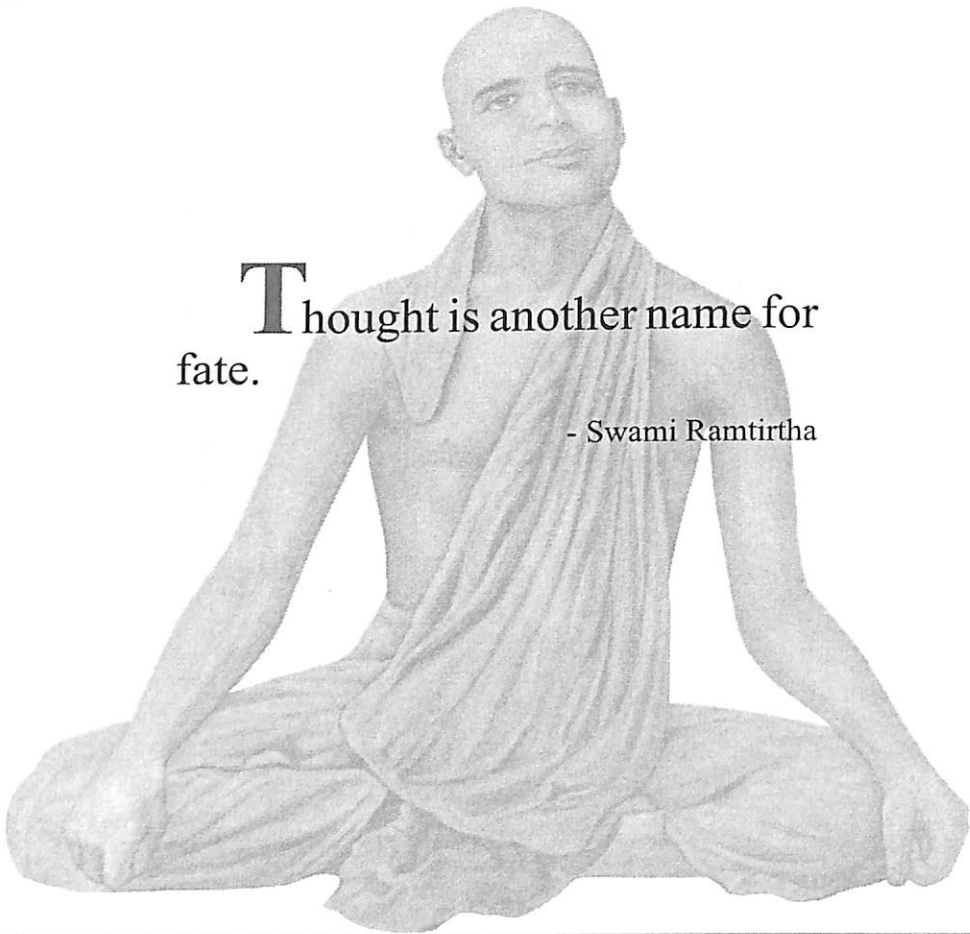
- Swami Ramtirtha

Evil thoughts and worldly desires are things concerning the false body and the false mind, and are things of the darkness.

- Swami Ramtirtha

Vedanta proves that all this world is nothing else but your own ideas, nothing else but your own imagination and your own thought.

\- Swami Ramtirtha

If you want to keep up your vitality and preserve your health, the weight of life should be borne easily by the horse of the nervous, system; you ought to make the burdens of egoistic thoughts lighter.

- Swami Ramtirtha

The world and your surroundings are exactly what you think them to be.

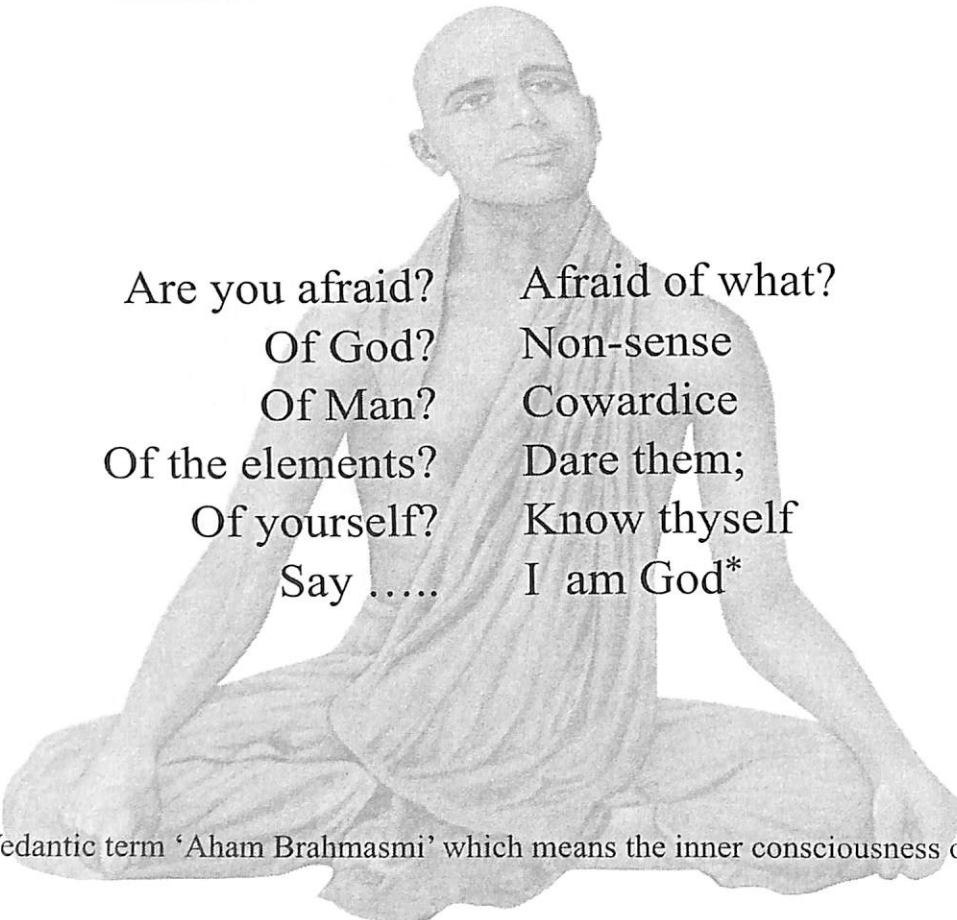
- Swami Ramtirtha

We do not live where our bodies live, we live where our minds live.

- Swami Ramtirtha

Remember always that when sending out thoughts of envy and malice, criticism and fault finding, or thoughts smacking of hatred and jealousy, you are courting the very same thoughts in yourself.

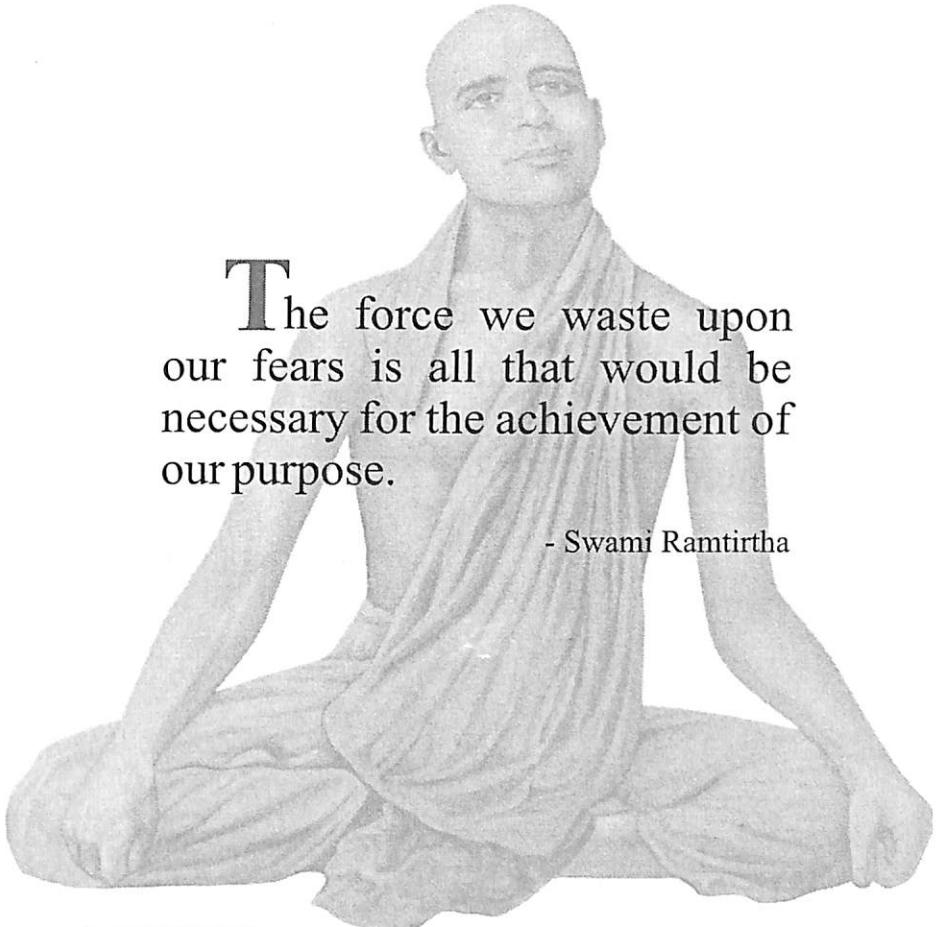
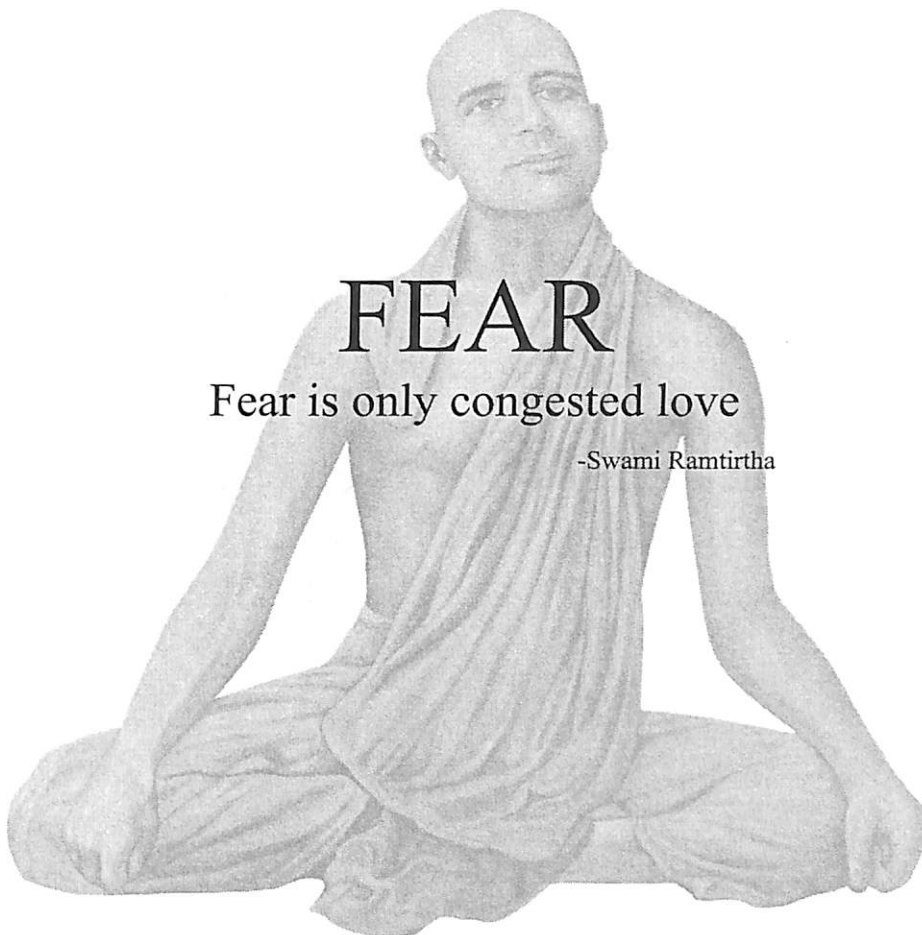
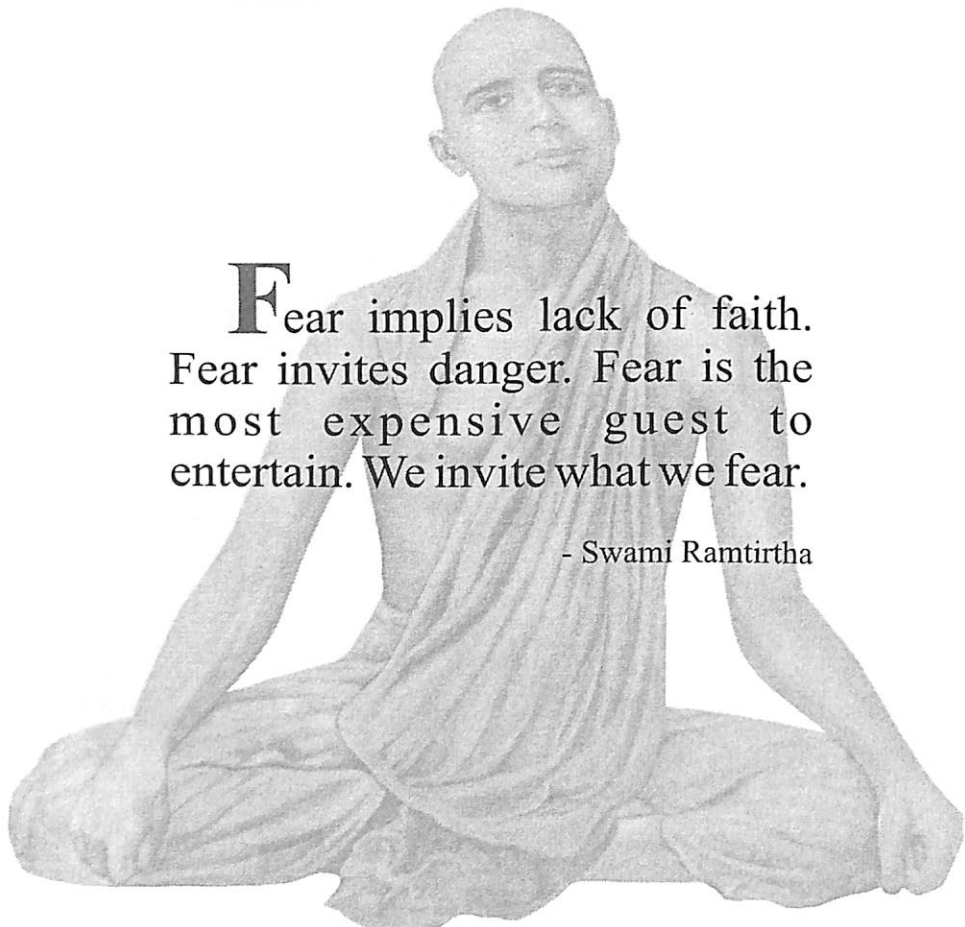
- Swami Ramtirtha

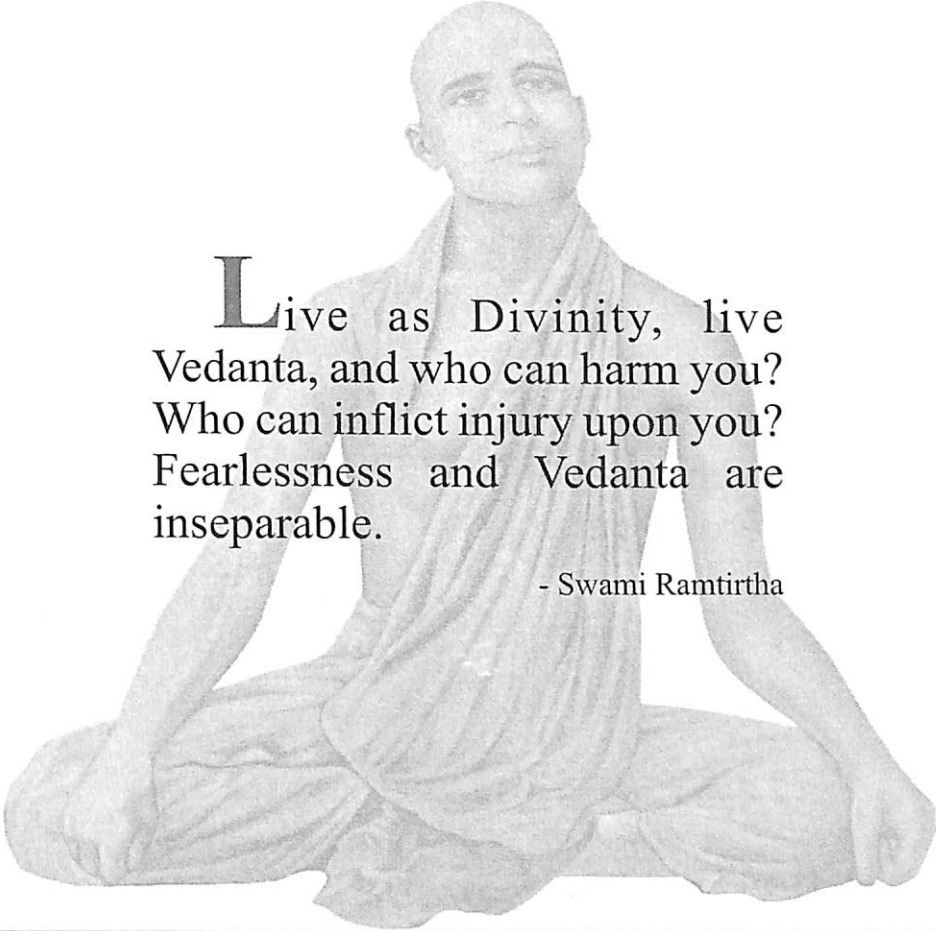
Men are not influenced by things, but by their thoughts about things.

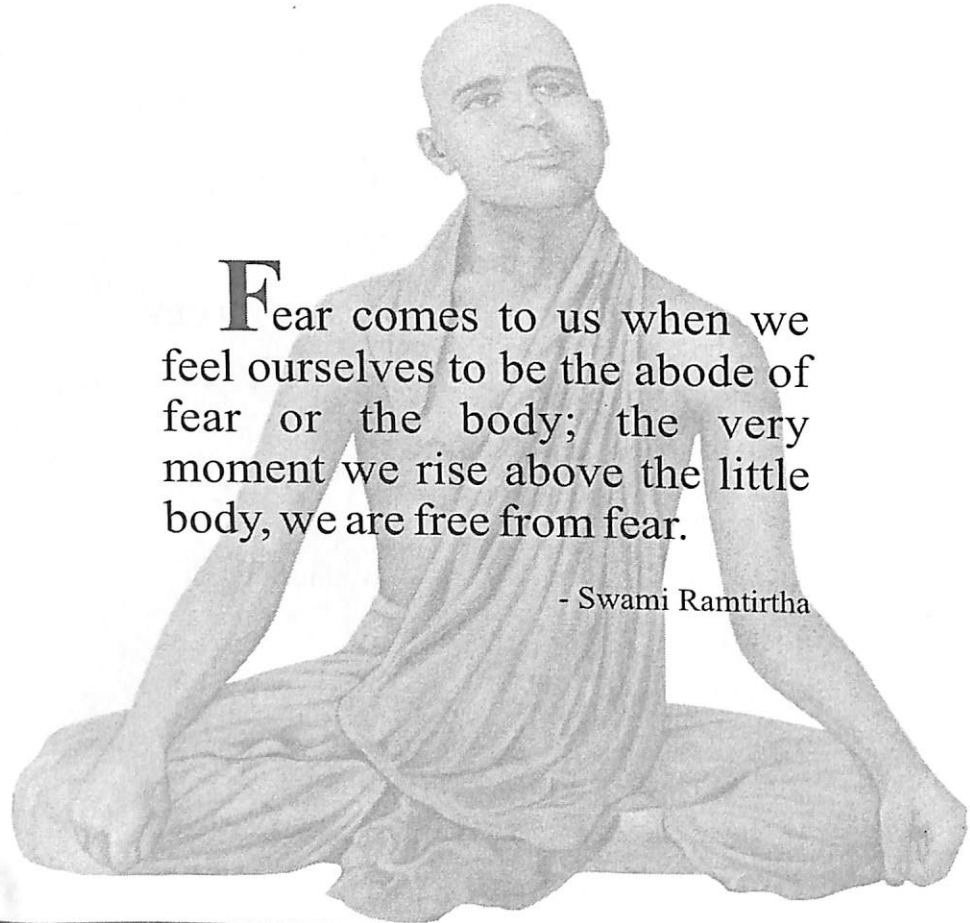
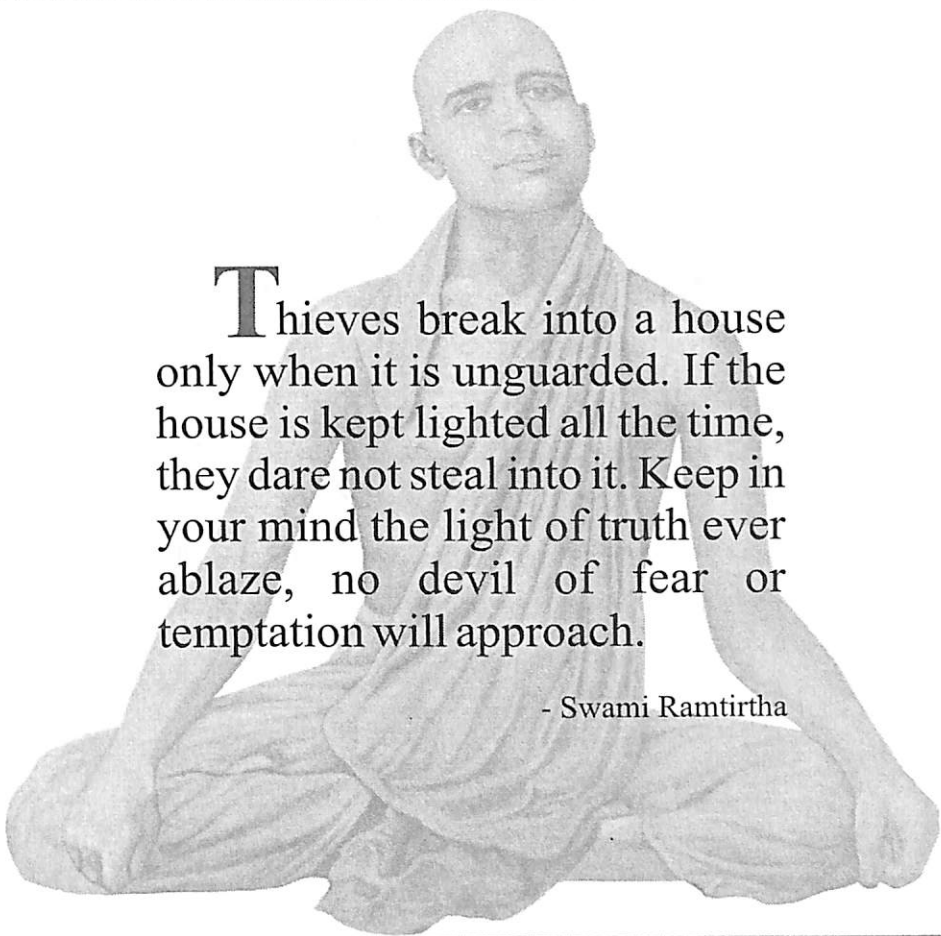
- Swami Ramtirtha

Thought is another name for fate.

- Swami Ramtirtha

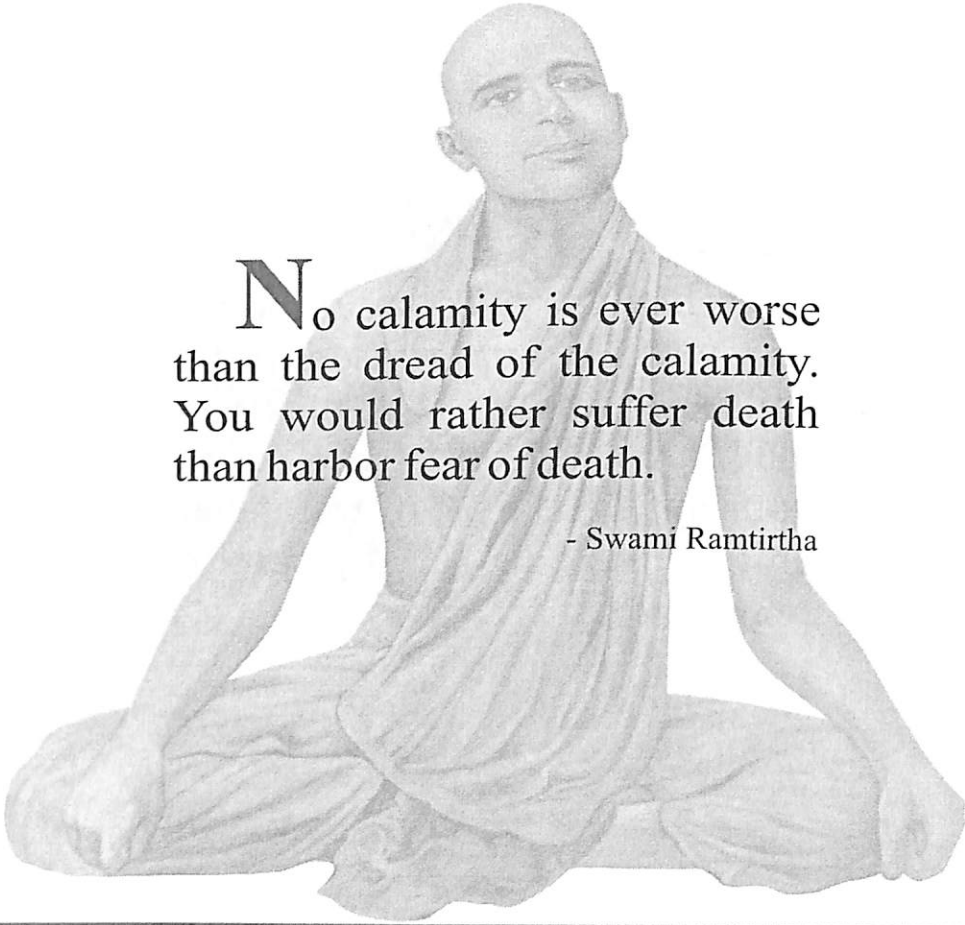
FEAR

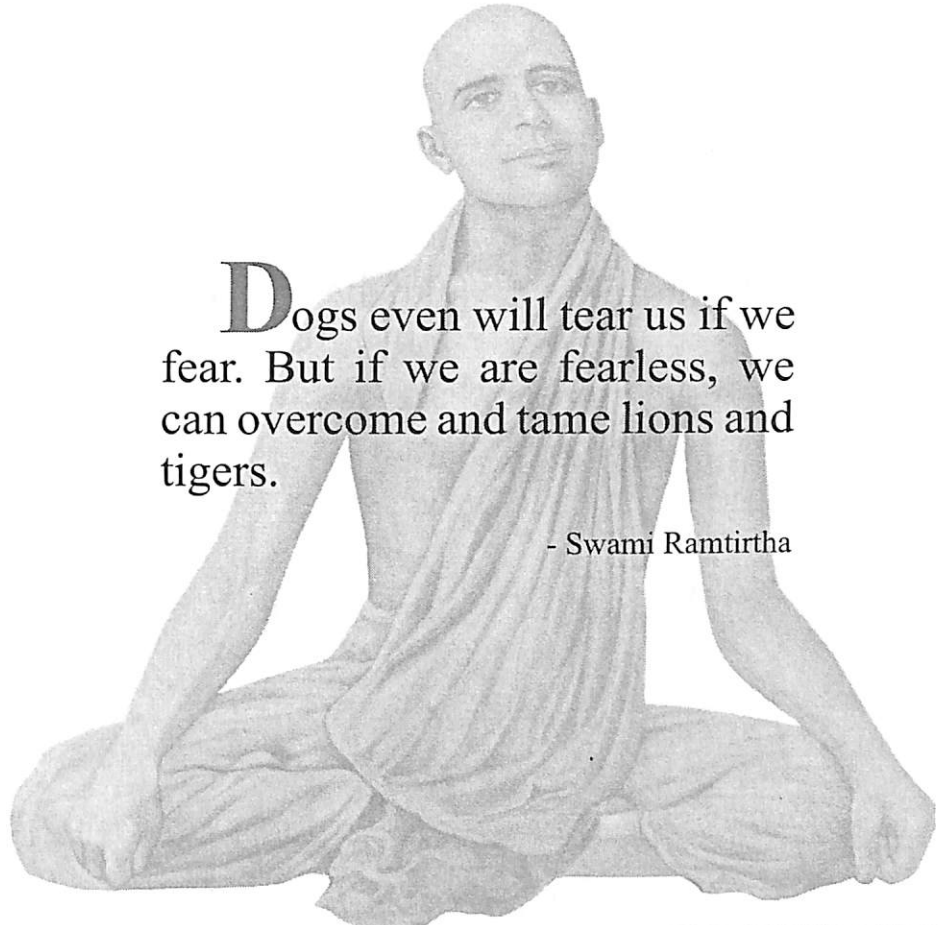
Fear is only congested love

-Swami Ramtirtha

Are you afraid?	Afraid of what?
Of God?	Non-sense
Of Man?	Cowardice
Of the elements?	Dare them;
Of yourself?	Know thyself
Say	I am God*

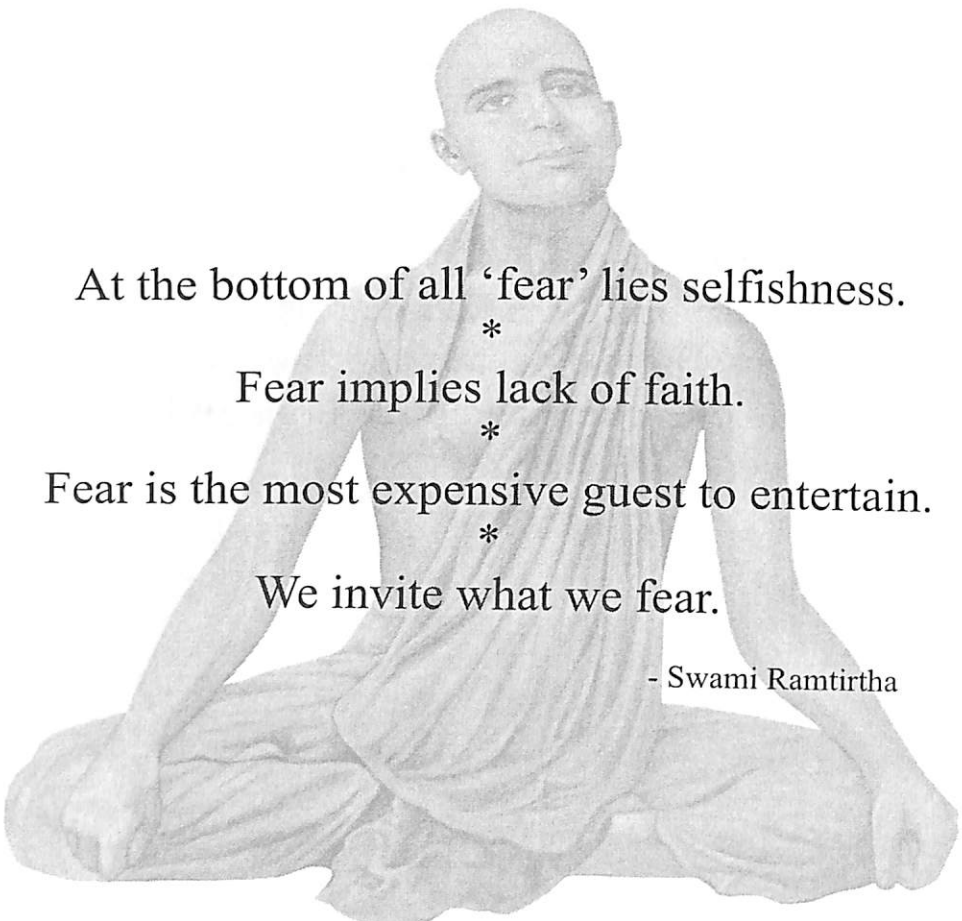
*The Vedantic term 'Aham Brahmasmi' which means the inner consciousness or Atma

The force we waste upon our fears is all that would be necessary for the achievement of our purpose.

- Swami Ramtirtha

Fear implies lack of faith. Fear invites danger. Fear is the most expensive guest to entertain. We invite what we fear.

- Swami Ramtirtha

Live as Divinity, live Vedanta, and who can harm you? Who can inflict injury upon you? Fearlessness and Vedanta are inseparable.

- Swami Ramtirtha

Fear comes to us when we feel ourselves to be the abode of fear or the body; the very moment we rise above the little body, we are free from fear.

- Swami Ramtirtha

Thieves break into a house only when it is unguarded. If the house is kept lighted all the time, they dare not steal into it. Keep in your mind the light of truth ever ablaze, no devil of fear or temptation will approach.

- Swami Ramtirtha

No calamity is ever worse than the dread of the calamity. You would rather suffer death than harbor fear of death.

- Swami Ramtirtha

Dogs even will tear us if we fear. But if we are fearless, we can overcome and tame lions and tigers.

\- Swami Ramtirtha

At the bottom of all 'fear' lies selfishness.

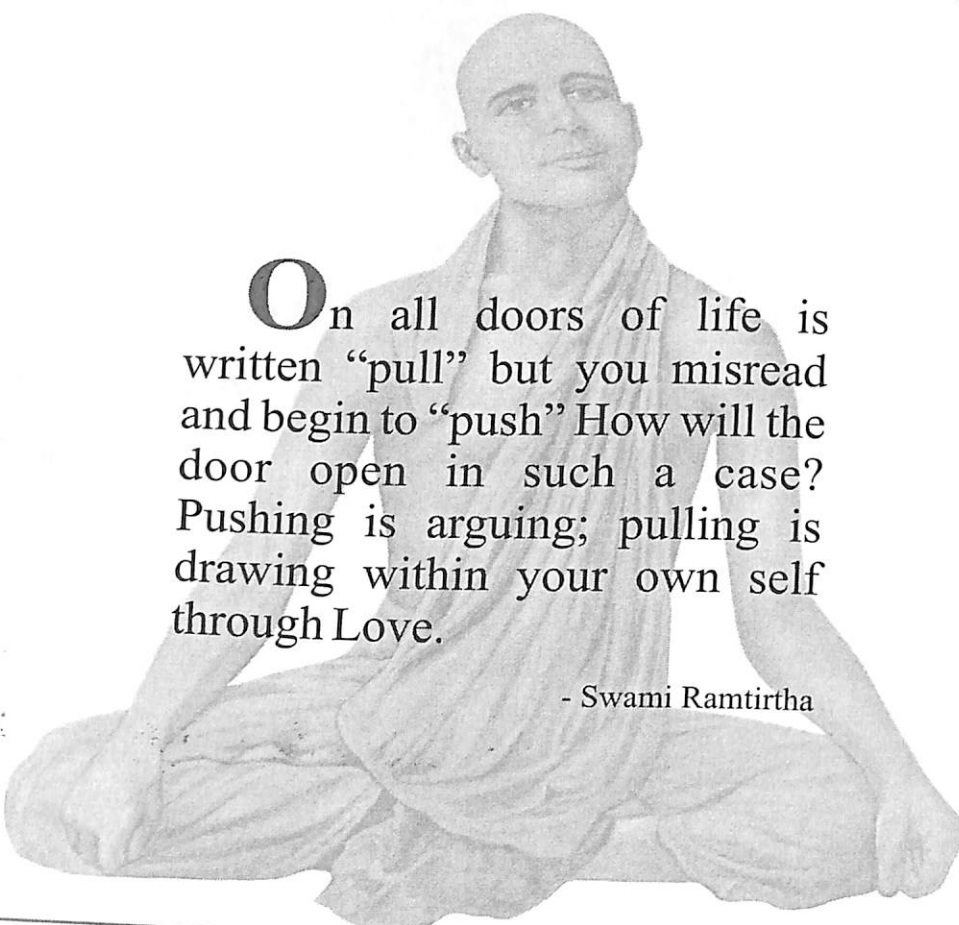
*

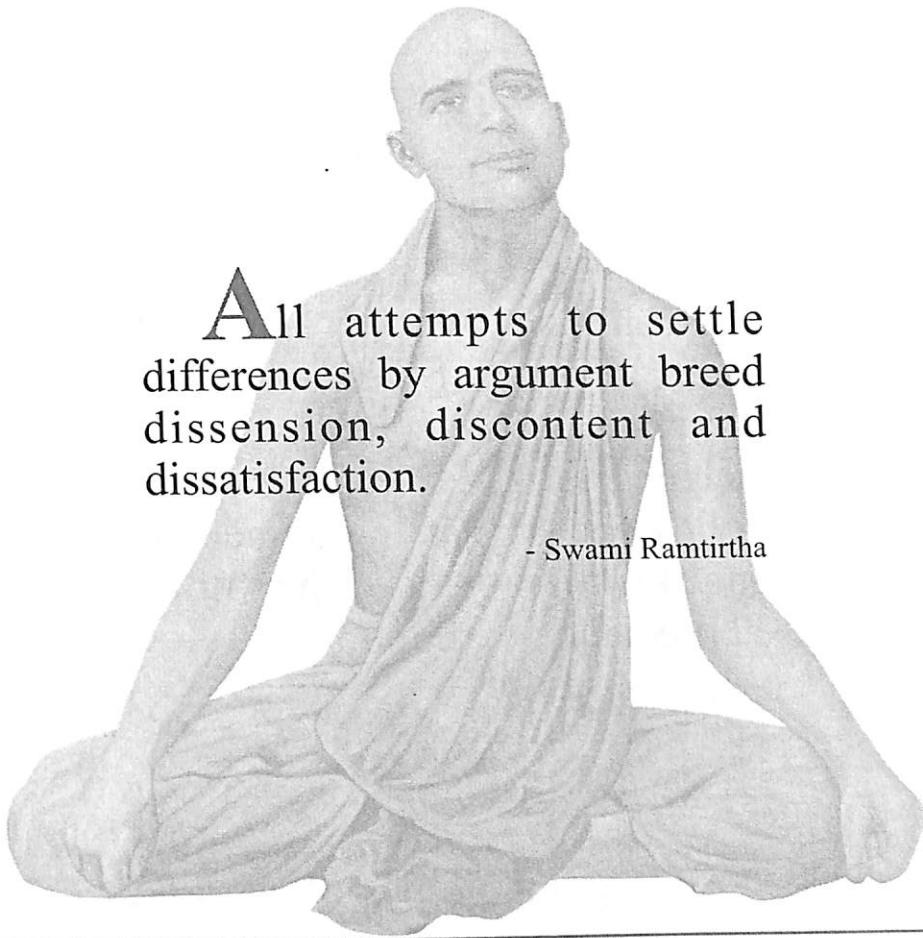
Fear implies lack of faith.

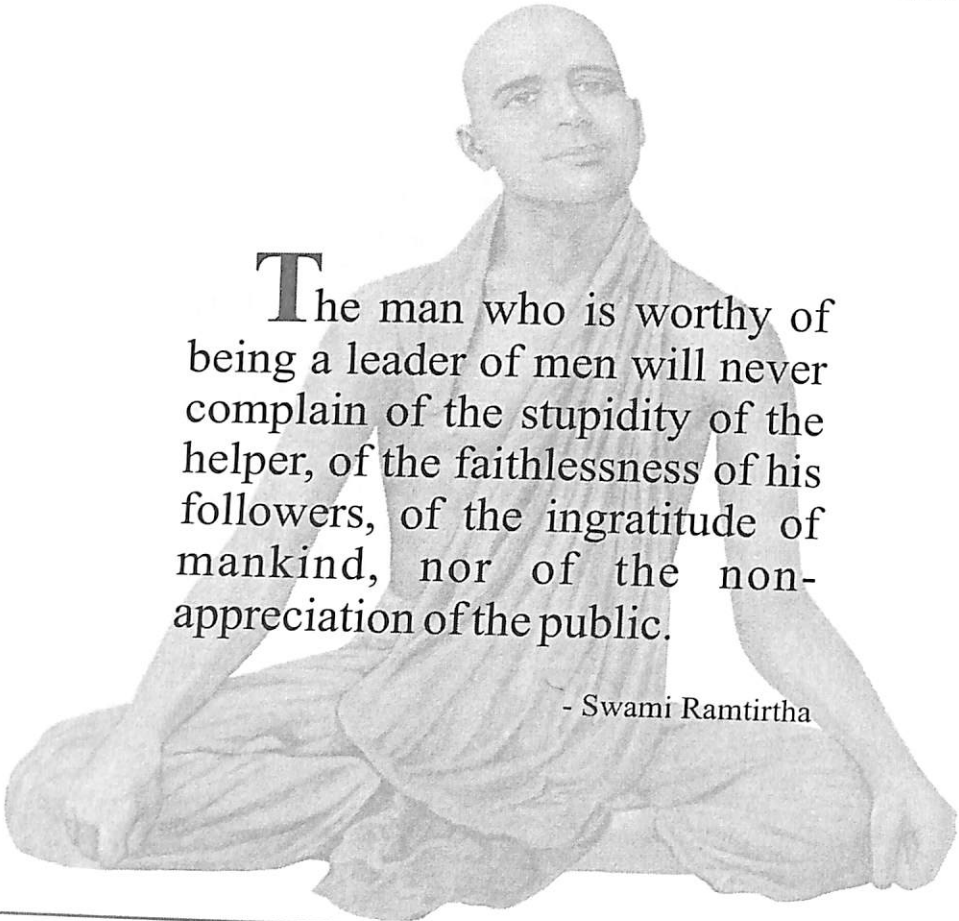
*

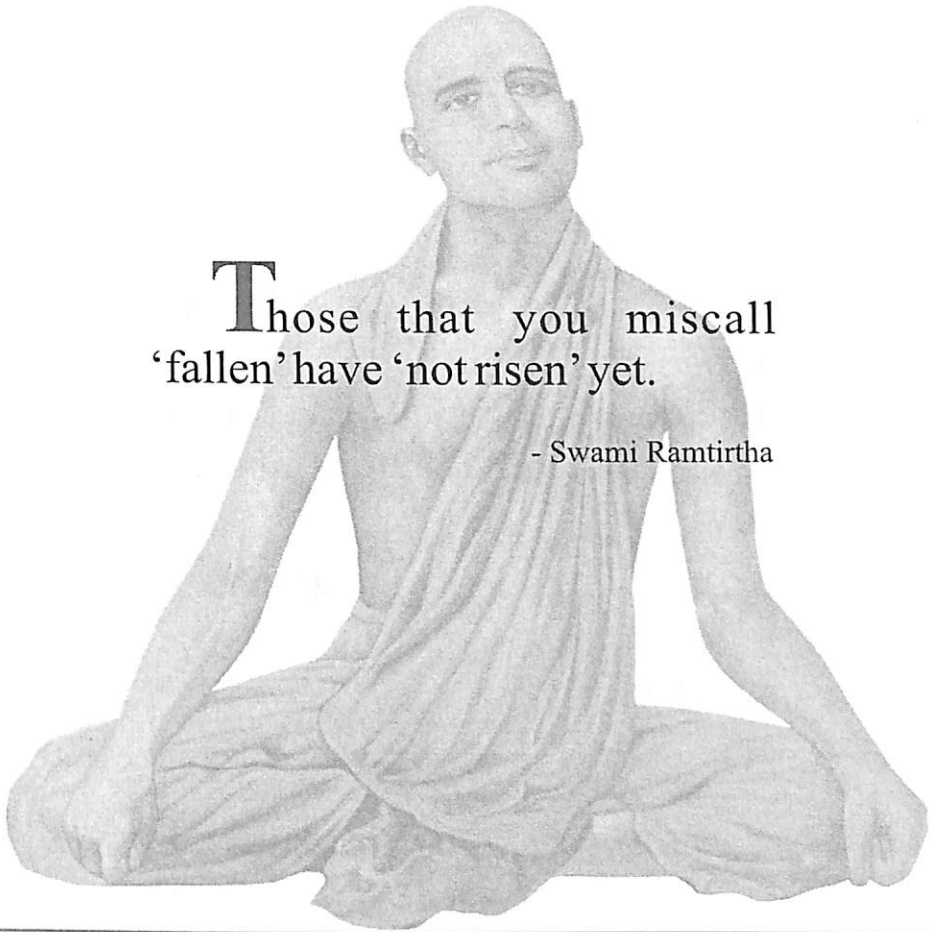
Fear is the most expensive guest to entertain.

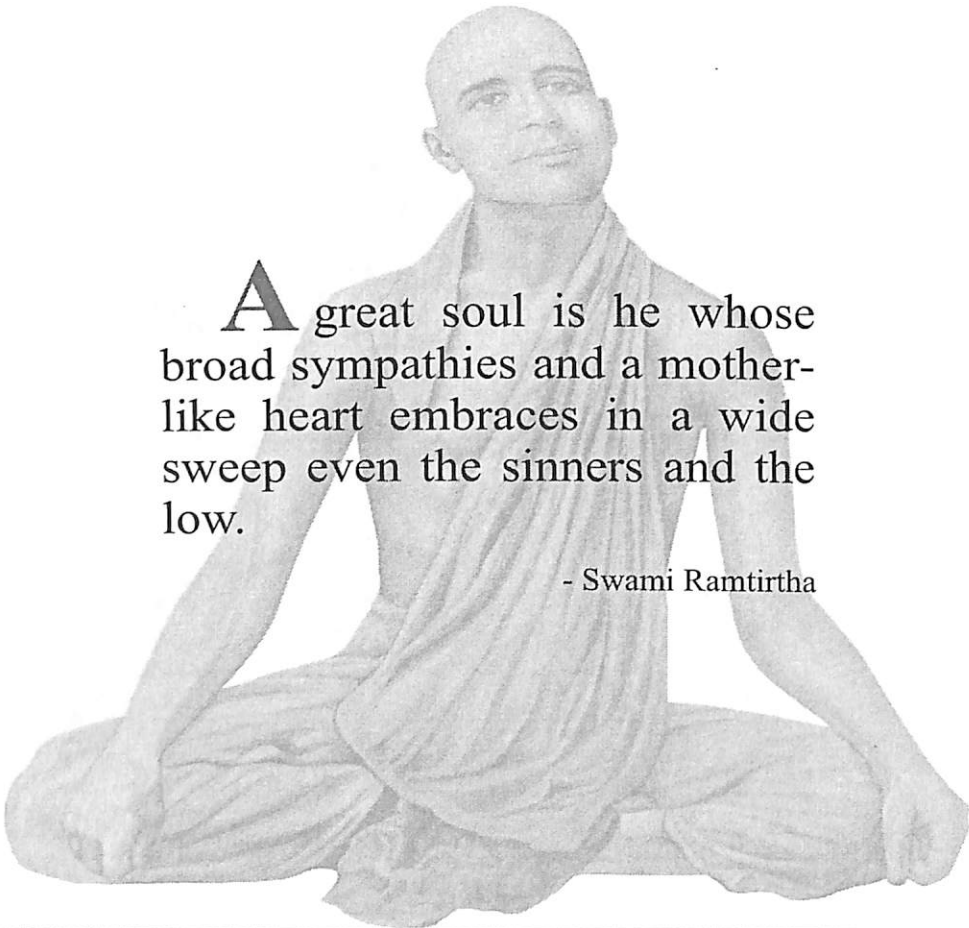
*

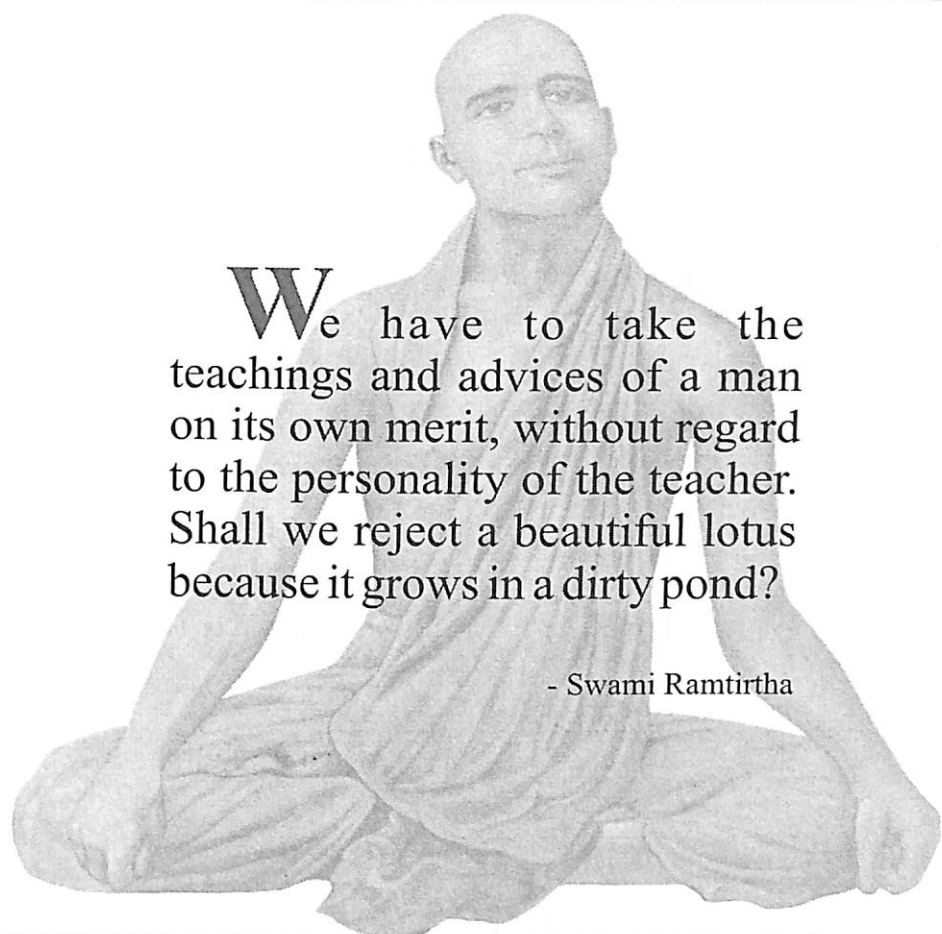
We invite what we fear.

- Swami Ramtirtha

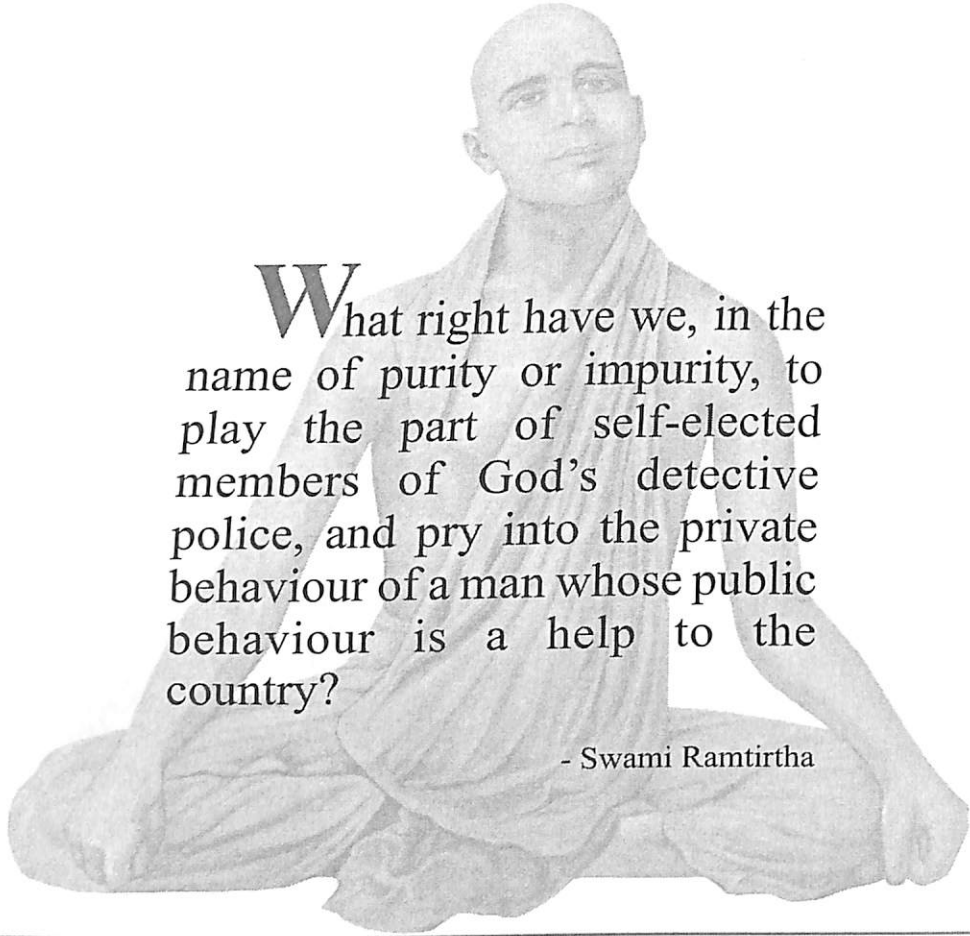
CRITICISM

Find the point of contact, appreciation and not criticism

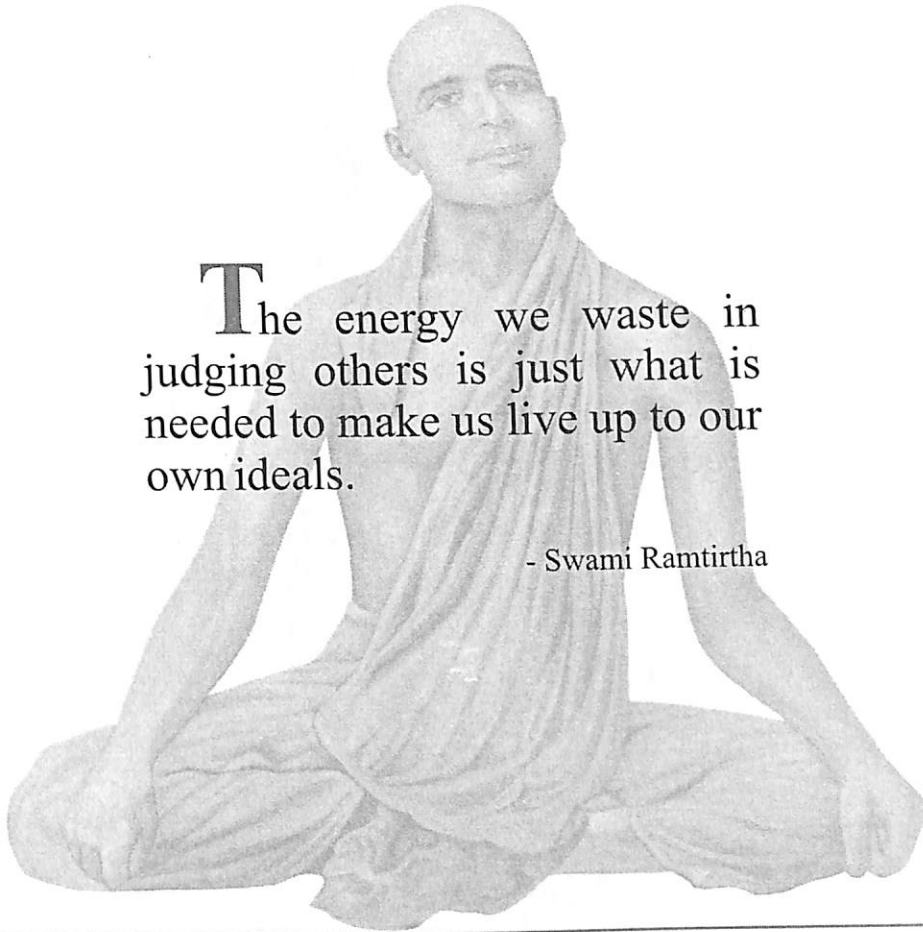
-Swami Ramtirtha

On all doors of life is written "pull" but you misread and begin to "push" How will the door open in such a case? Pushing is arguing; pulling is drawing within your own self through Love.

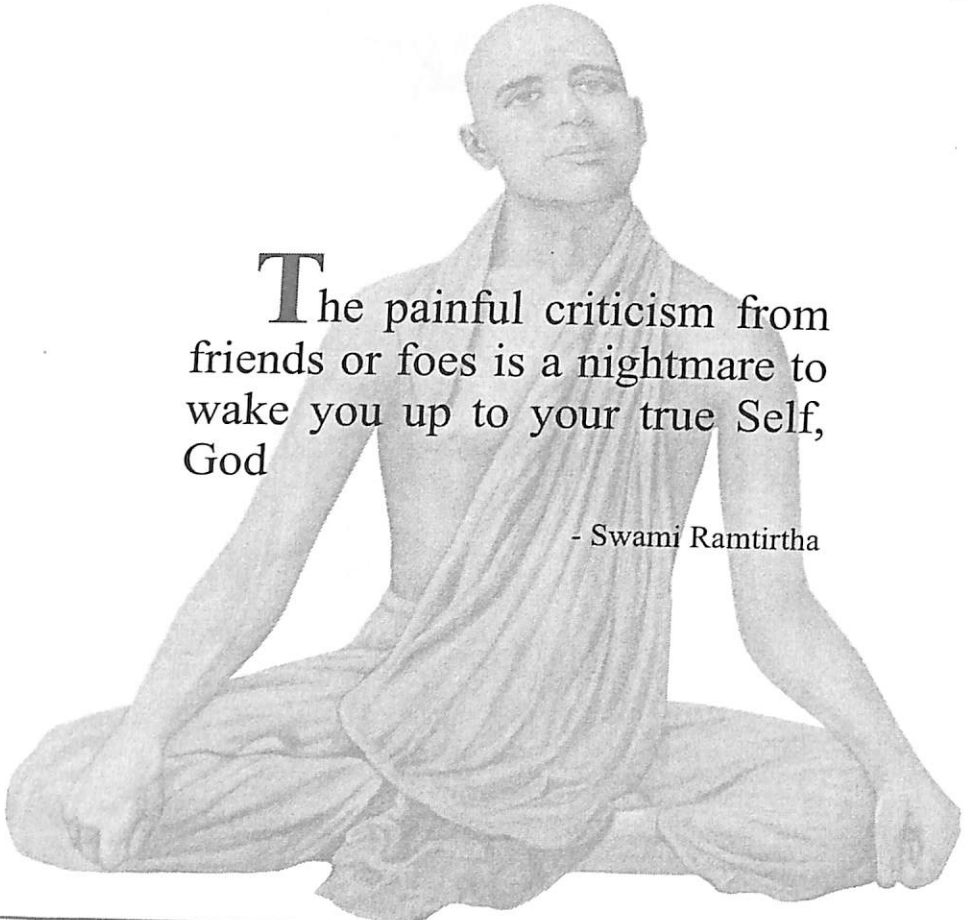
- Swami Ramtirtha

All attempts to settle differences by argument breed dissension, discontent and dissatisfaction.

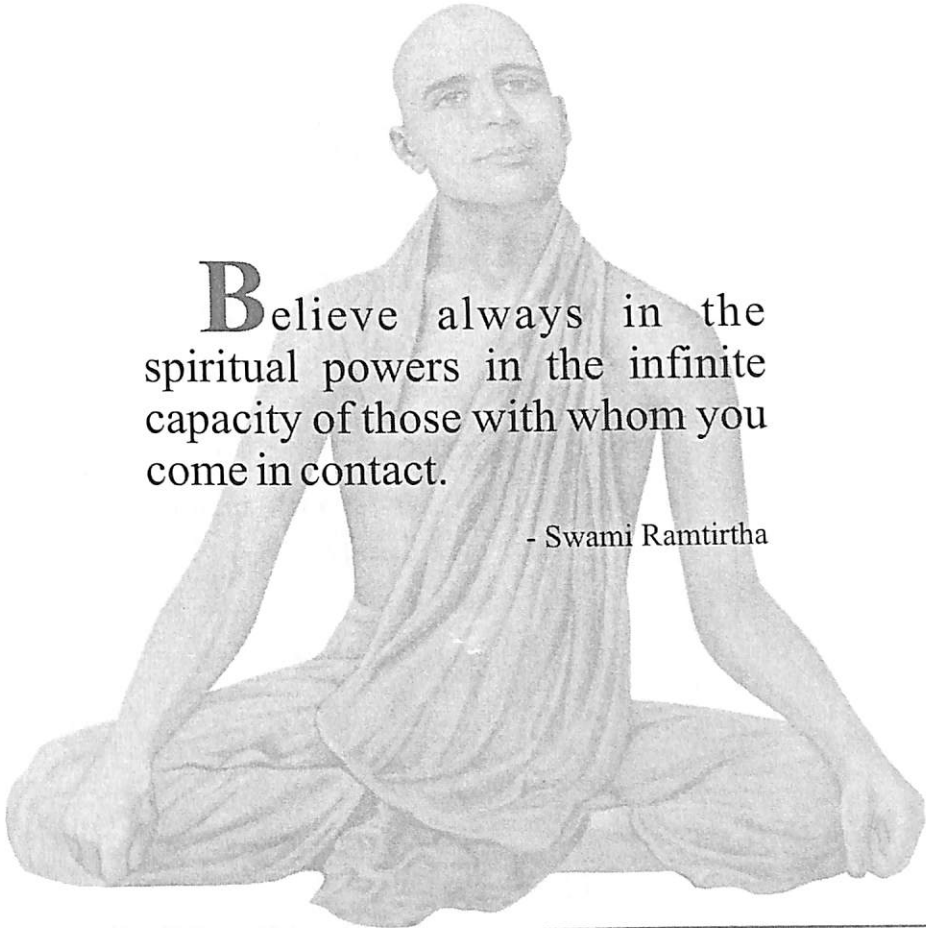
- Swami Ramtirtha

The man who is worthy of being a leader of men will never complain of the stupidity of the helper, of the faithlessness of his followers, of the ingratitude of mankind, nor of the non-appreciation of the public.

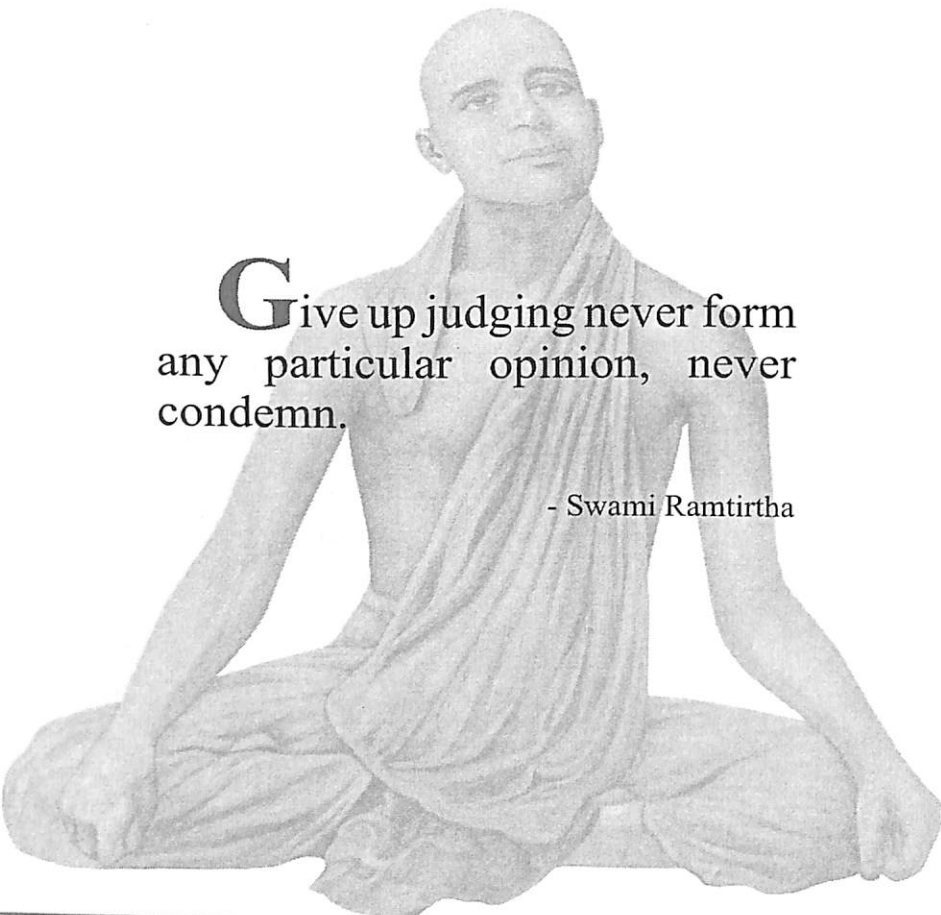
- Swami Ramtirtha

Those that you miscall 'fallen' have 'not risen' yet.

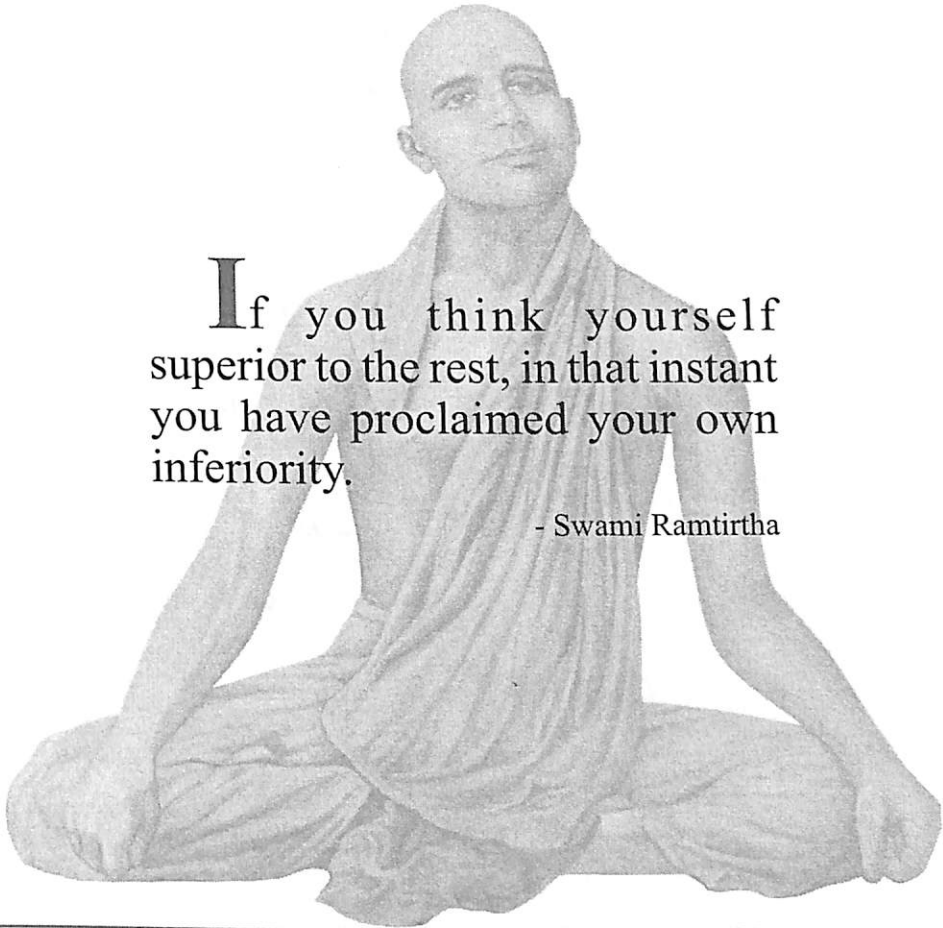
- Swami Ramtirtha

A great soul is he whose broad sympathies and a mother-like heart embraces in a wide sweep even the sinners and the low.

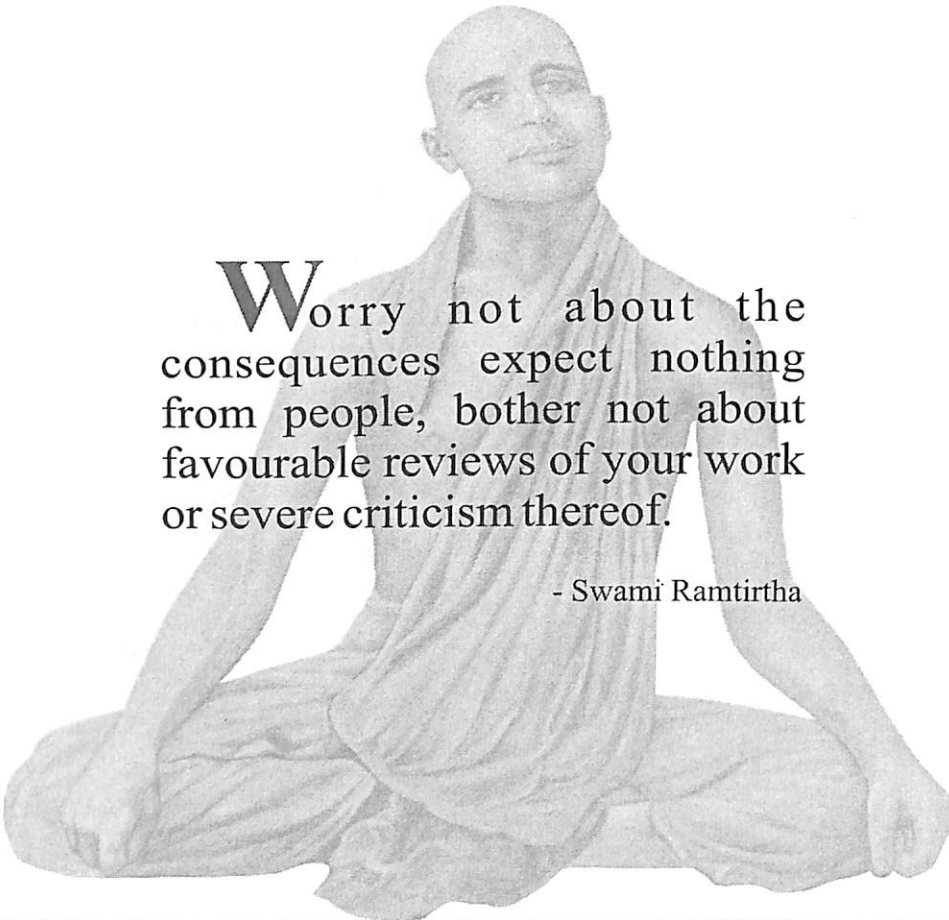
- Swami Ramtirtha

We have to take the teachings and advices of a man on its own merit, without regard to the personality of the teacher. Shall we reject a beautiful lotus because it grows in a dirty pond?

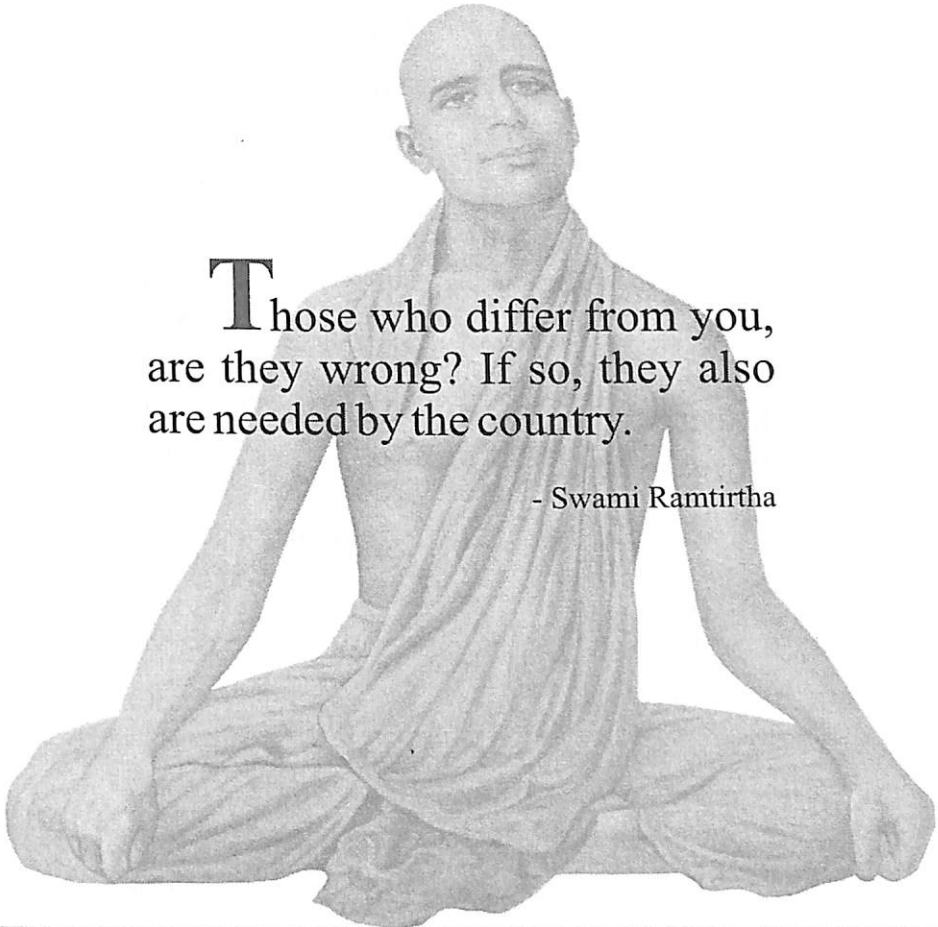
- Swami Ramtirtha

What right have we, in the name of purity or impurity, to play the part of self-elected members of God's detective police, and pry into the private behaviour of a man whose public behaviour is a help to the country?

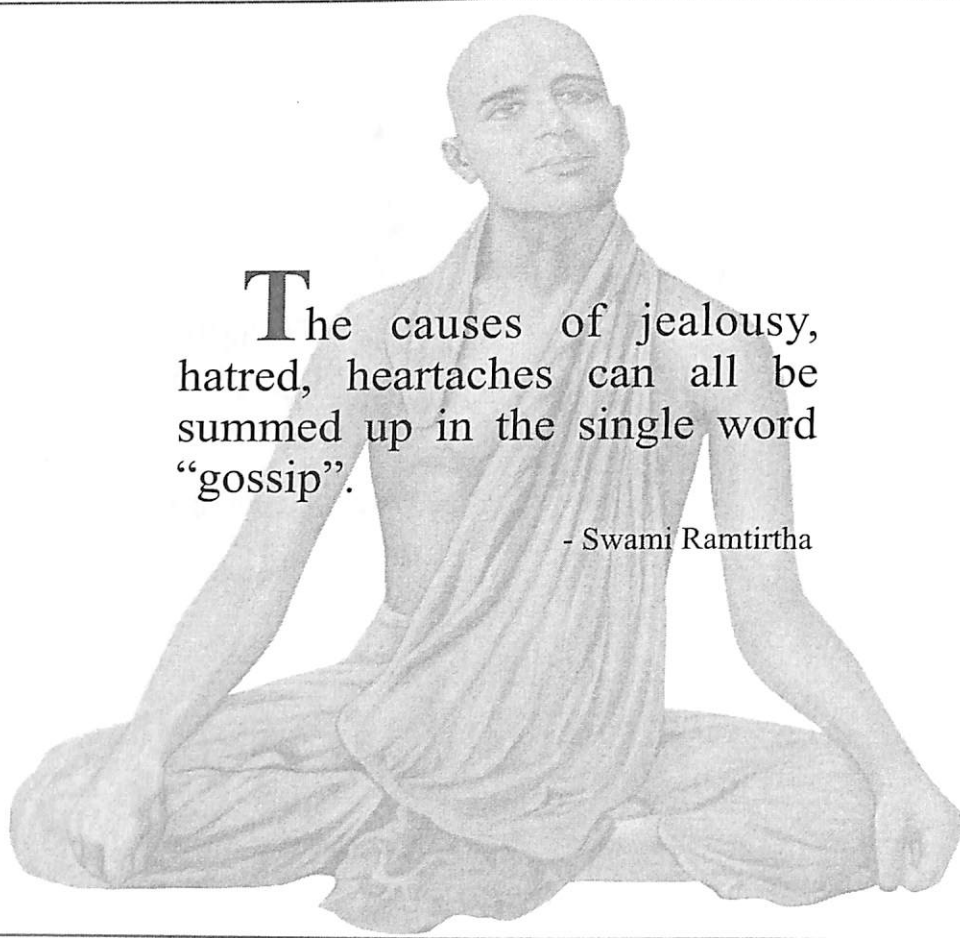
- Swami Ramtirtha

The energy we waste in judging others is just what is needed to make us live up to our own ideals.

- Swami Ramtirtha

The painful criticism from friends or foes is a nightmare to wake you up to your true Self, God

- Swami Ramtirtha

Believe always in the spiritual powers in the infinite capacity of those with whom you come in contact.

- Swami Ramtirtha

Give up judging never form any particular opinion, never condemn.

- Swami Ramtirtha

If you think yourself superior to the rest, in that instant you have proclaimed your own inferiority.

- Swami Ramtirtha

Worry not about the consequences expect nothing from people, bother not about favourable reviews of your work or severe criticism thereof.

- Swami Ramtirtha

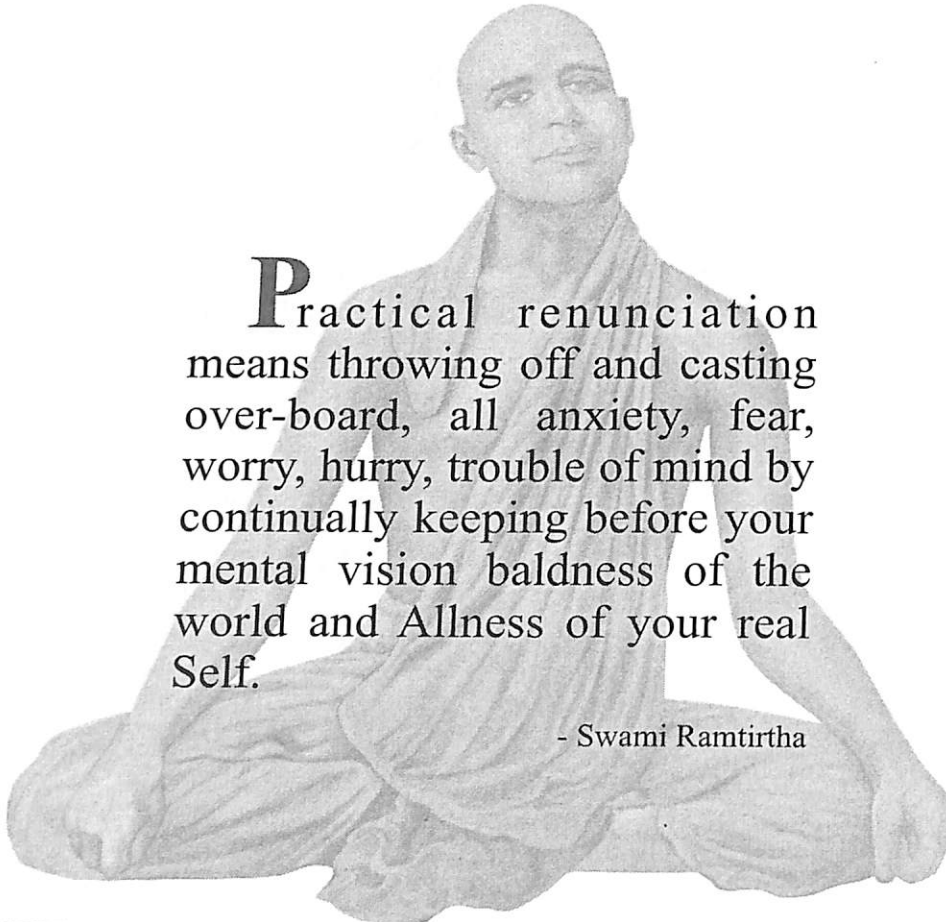
Those who differ from you, are they wrong? If so, they also are needed by the country.

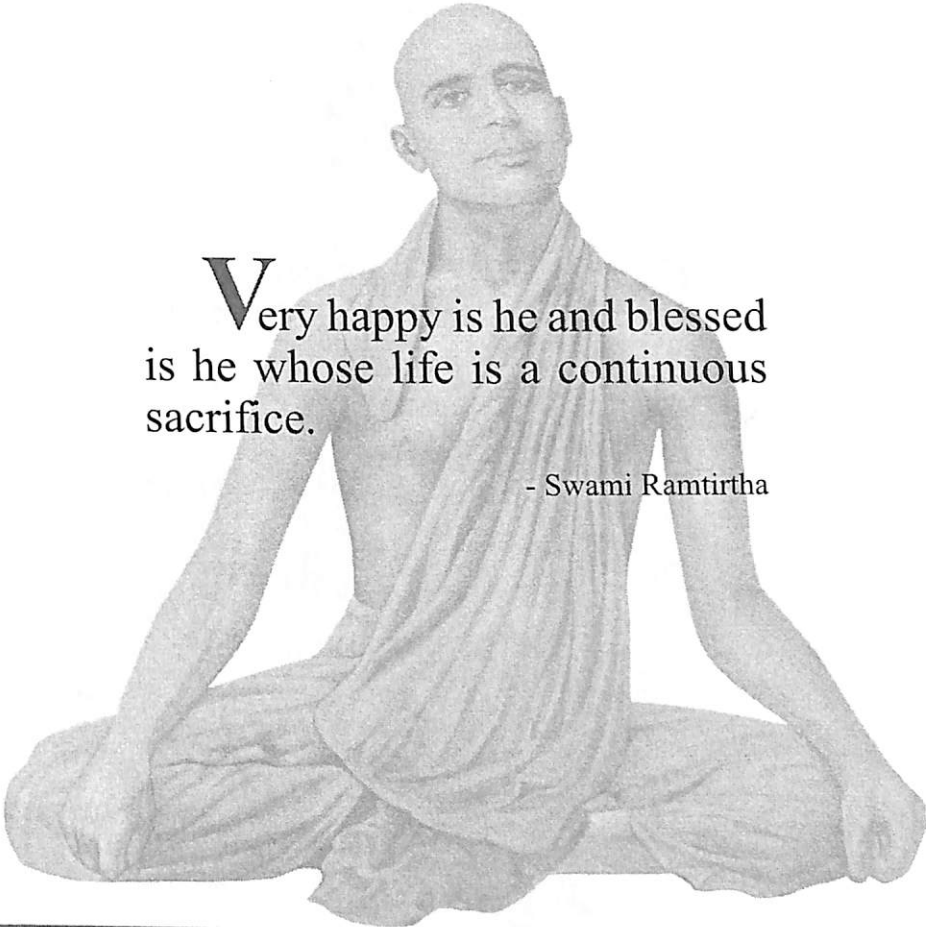
- Swami Ramtirtha

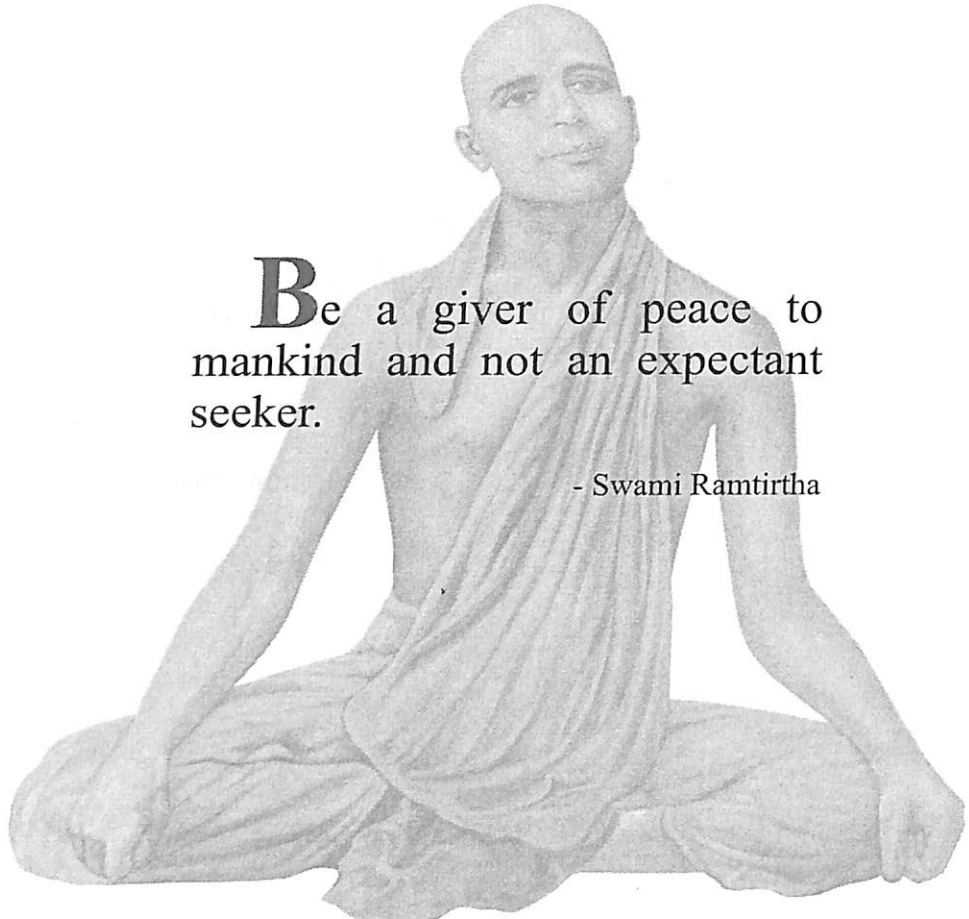
The causes of jealousy, hatred, heartaches can all be summed up in the single word "gossip".

- Swami Ramtirtha

Work, minus desire, is a synonym for the highest renunciation or worship

- Swami Ramtirtha

Renunciation does not warrant retirement into the deepest forests of the Himalayas; renunciation does not require you to walk barefoot and bare headed. Renunciation means giving up egoistic life.

- Swami Ramtirtha

Retiring to the forest is simply a means to an end, it is like going to the University.

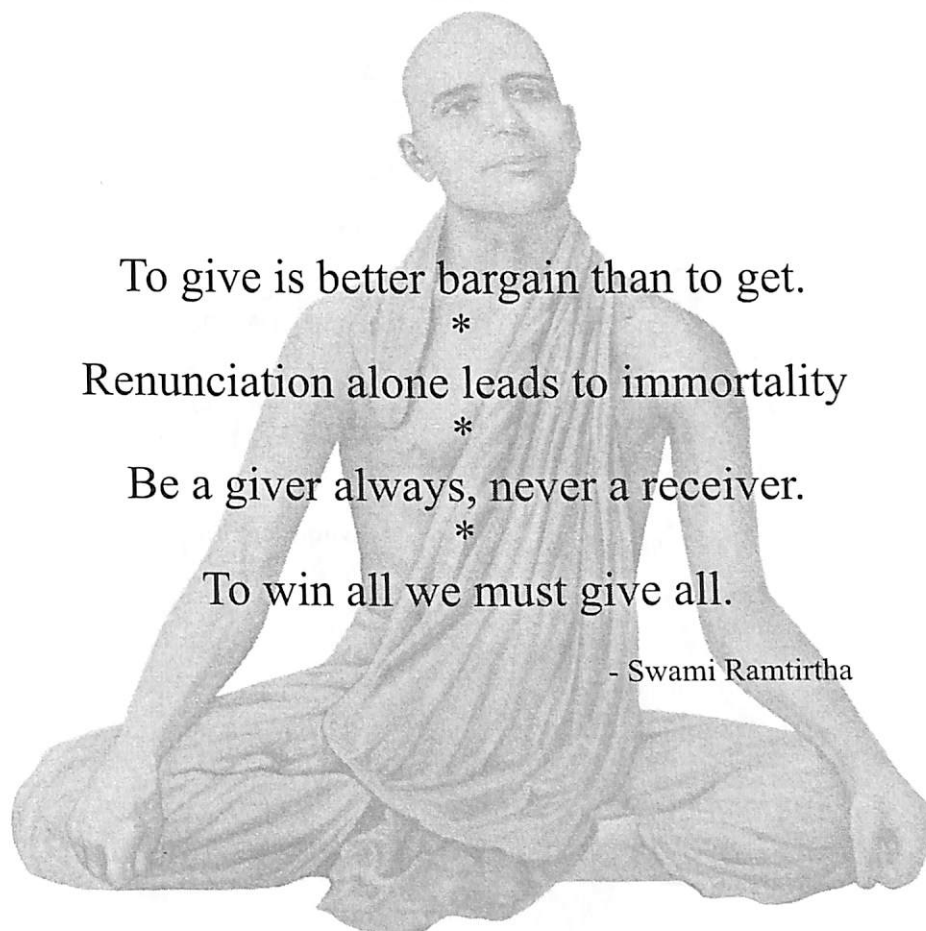
- Swami Ramtirtha

Practical renunciation means throwing off and casting over-board, all anxiety, fear, worry, hurry, trouble of mind by continually keeping before your mental vision baldness of the world and Allness of your real Self.

- Swami Ramtirtha

Very happy is he and blessed is he whose life is a continuous sacrifice.

- Swami Ramtirtha

Be a giver of peace to mankind and not an expectant seeker.

- Swami Ramtirtha

To give is better bargain than to get.

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Renunciation alone leads to immortality

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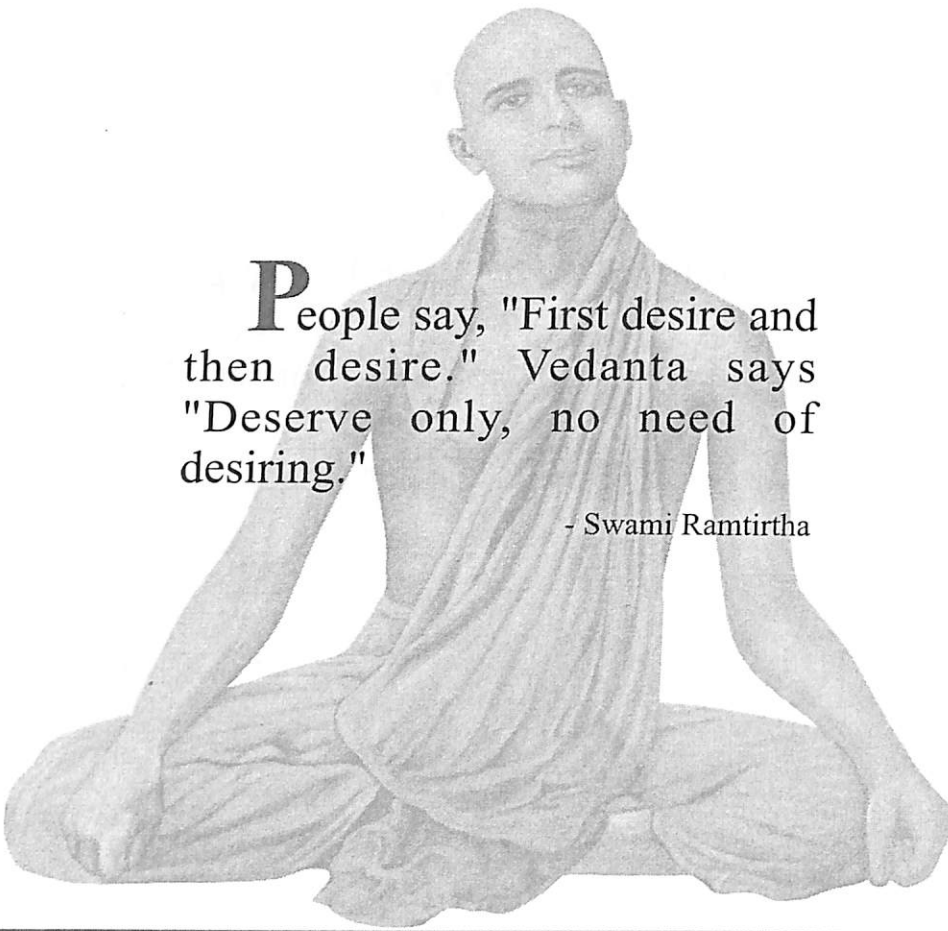

Be a giver always, never a receiver.

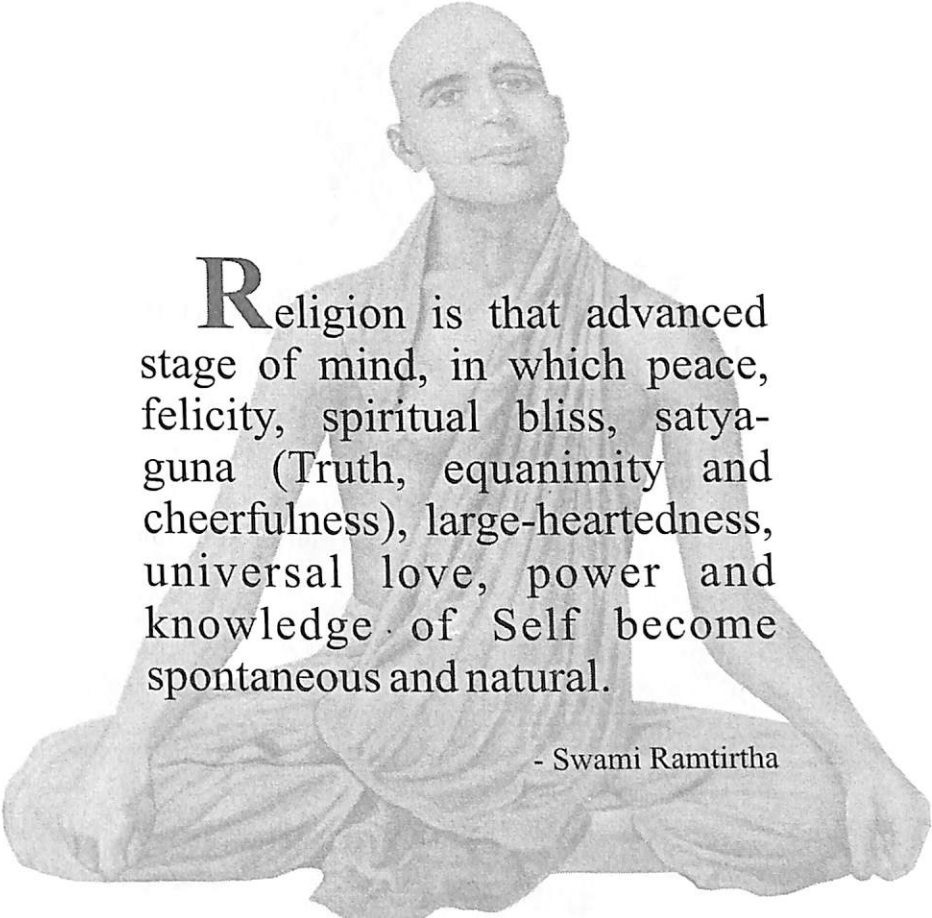
*

To win all we must give all.

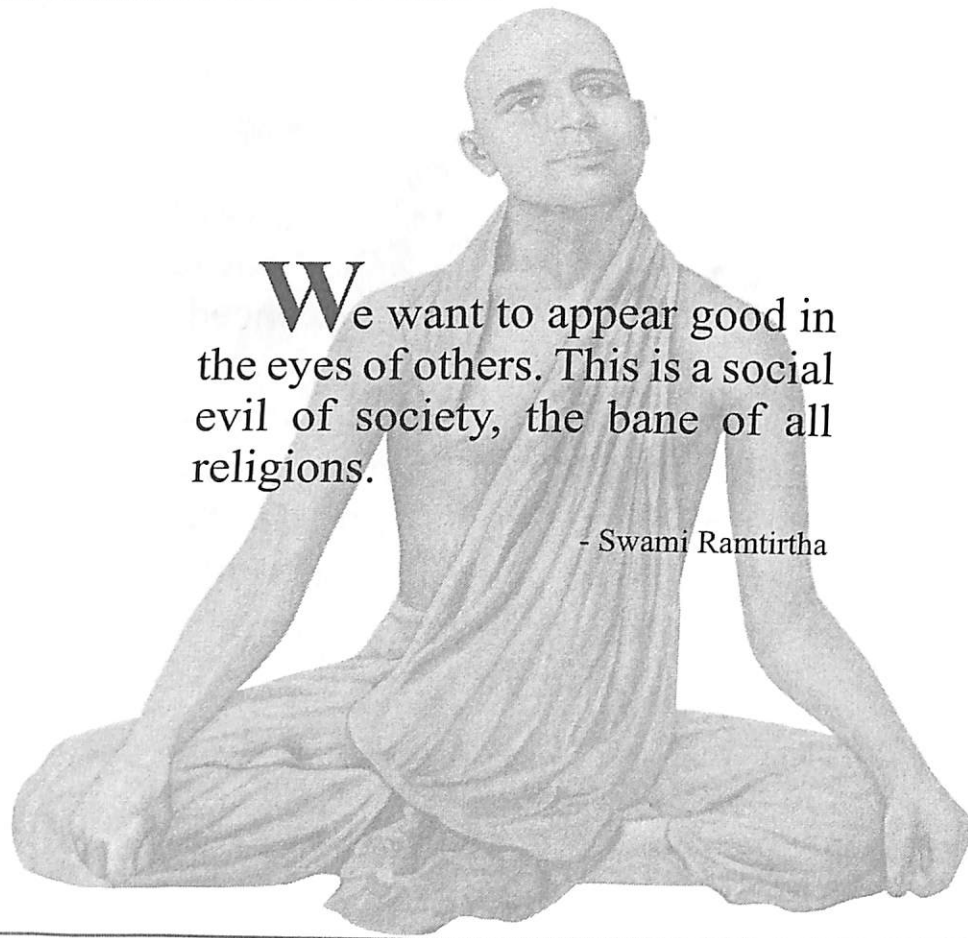
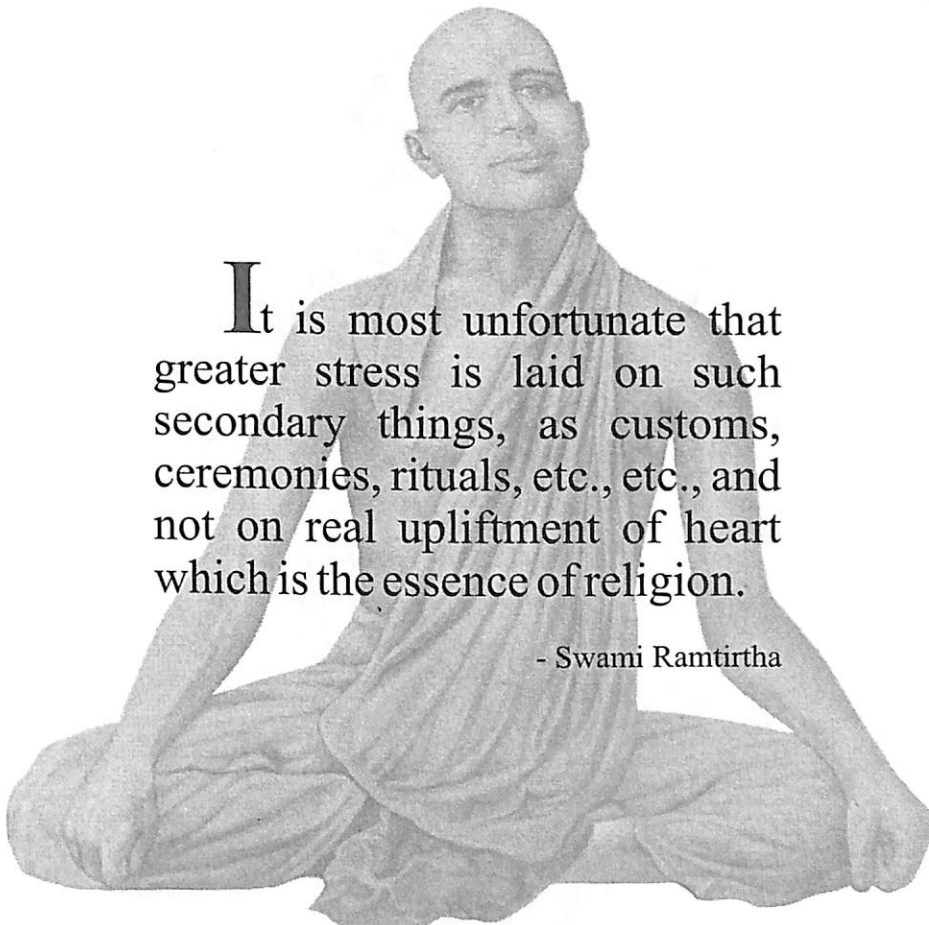
- Swami Ramtirtha

People say, "First desire and then desire." Vedanta says "Deserve only, no need of desiring."

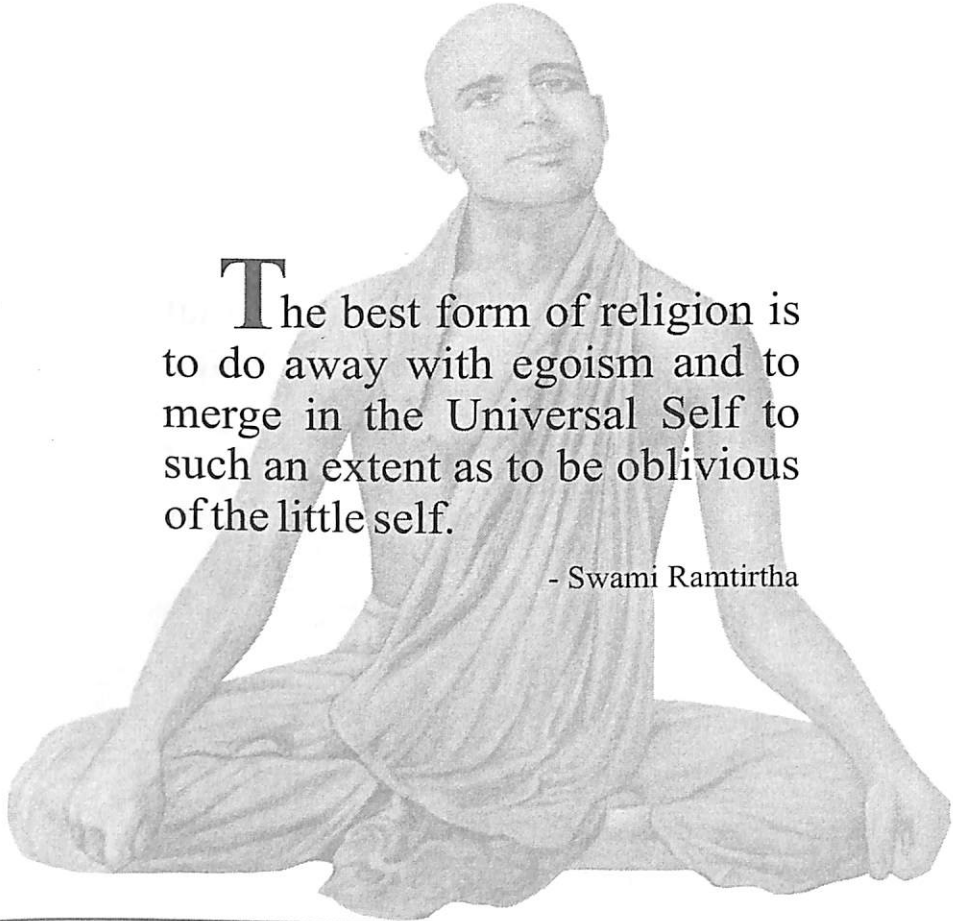
- Swami Ramtirtha

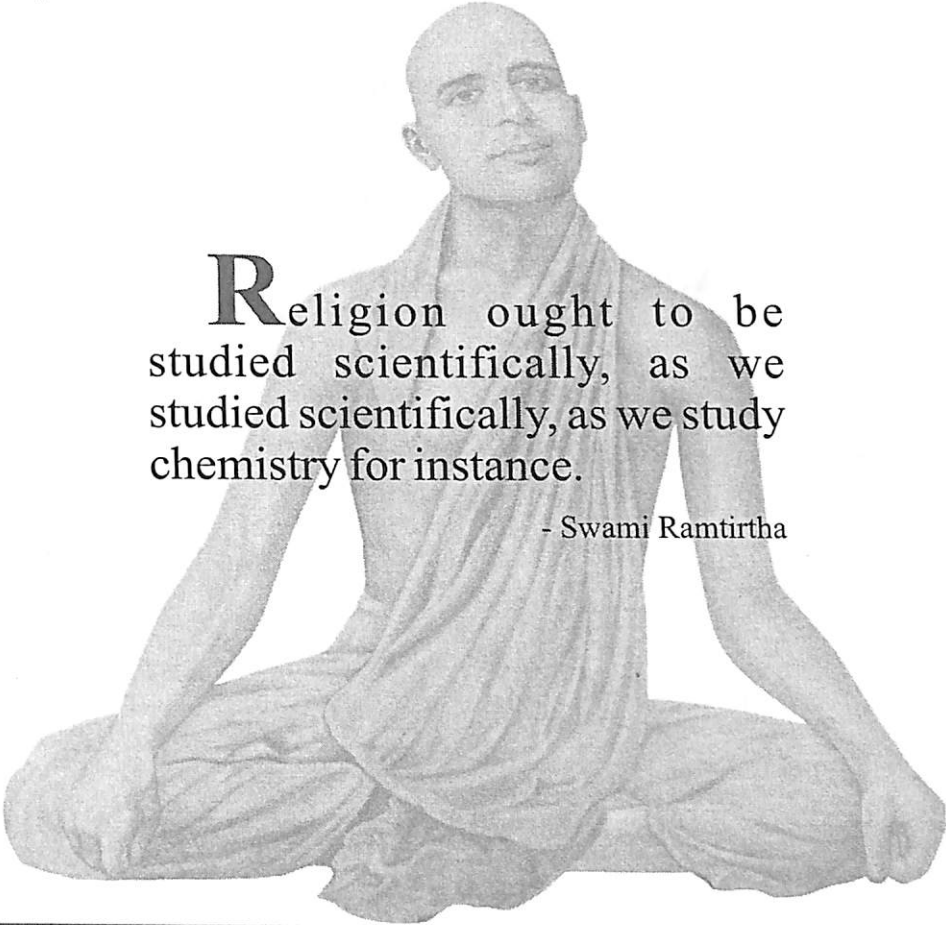
RELIGION

True religion is not belief in God,
but is a complete trust in the good in man

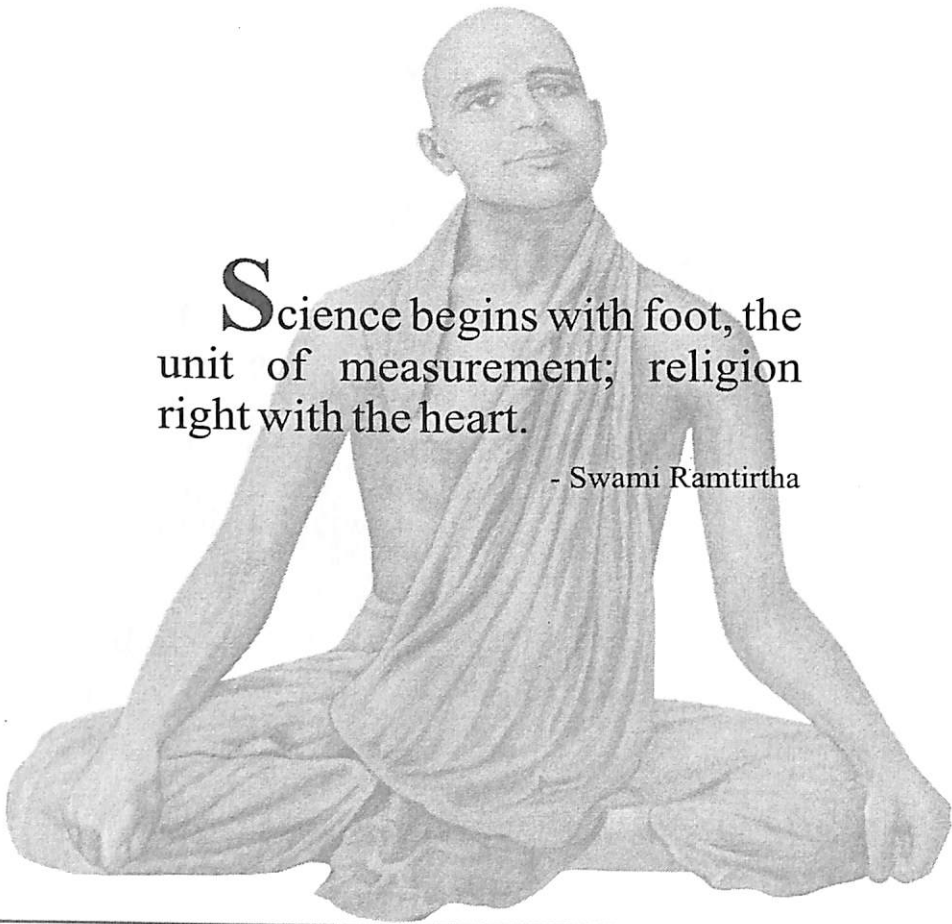
- Swami Ramtirtha

Religious Solar System

People, like planetary bodies, proceed towards the Sun with a desperate zeal. In this manifestation of love they are inspired prophets. But, after a while, the centrifugal force on spiritual inertia makes them go round and round, keeping them away from the Sun, turning them into fanatics, tied to the orbits of different creeds Some move in an orbit very far away from the central truth; others have their orbits nearer and nearner.

- Swami Ramtirtha

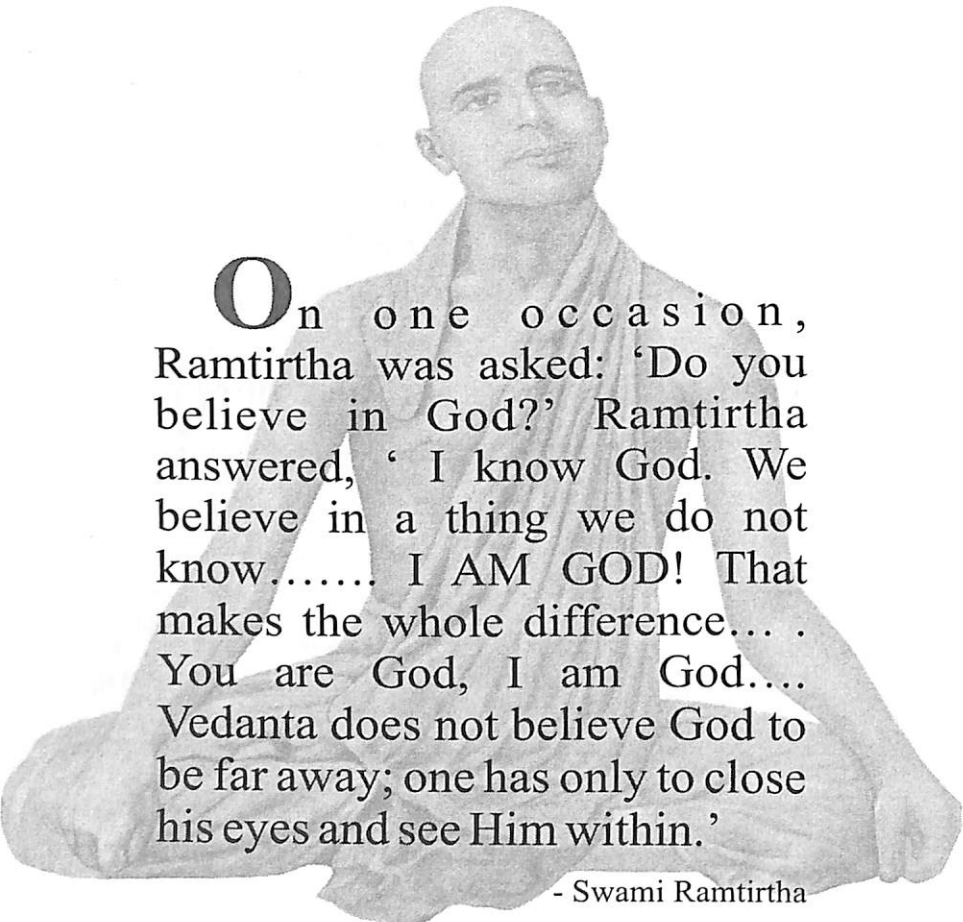
Religion is that advanced stage of mind, in which peace, felicity, spiritual bliss, satya-guna (Truth, equanimity and cheerfulness), large-heartedness, universal love, power and knowledge of Self become spontaneous and natural.

- Swami Ramtirtha

We want to appear good in the eyes of others. This is a social evil of society, the bane of all religions.

- Swami Ramtirtha

It is most unfortunate that greater stress is laid on such secondary things, as customs, ceremonies, rituals, etc., etc., and not on real upliftment of heart which is the essence of religion.

- Swami Ramtirtha

The best form of religion is to do away with egoism and to merge in the Universal Self to such an extent as to be oblivious of the little self.

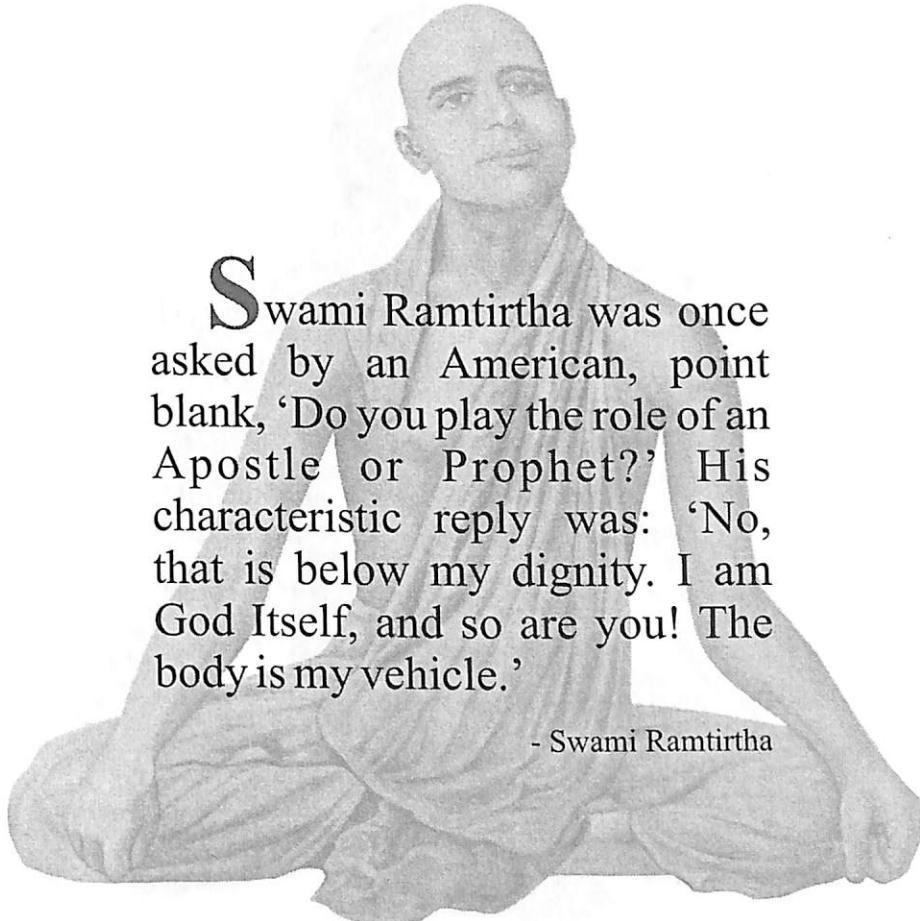
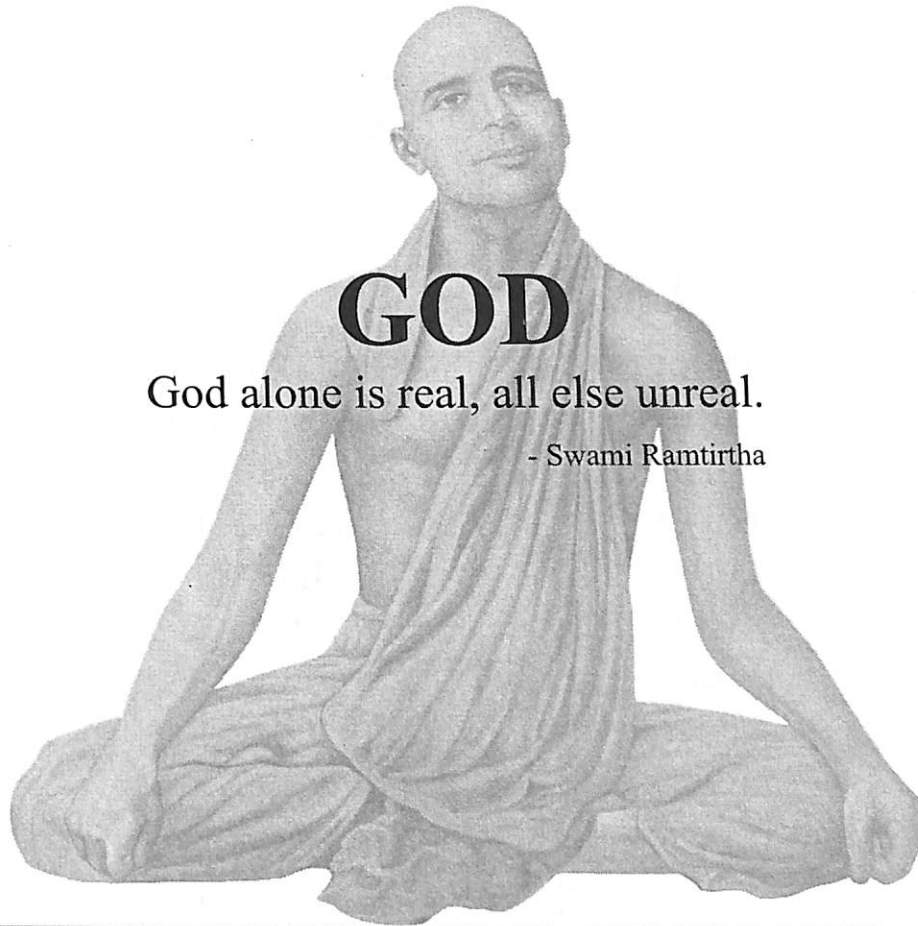
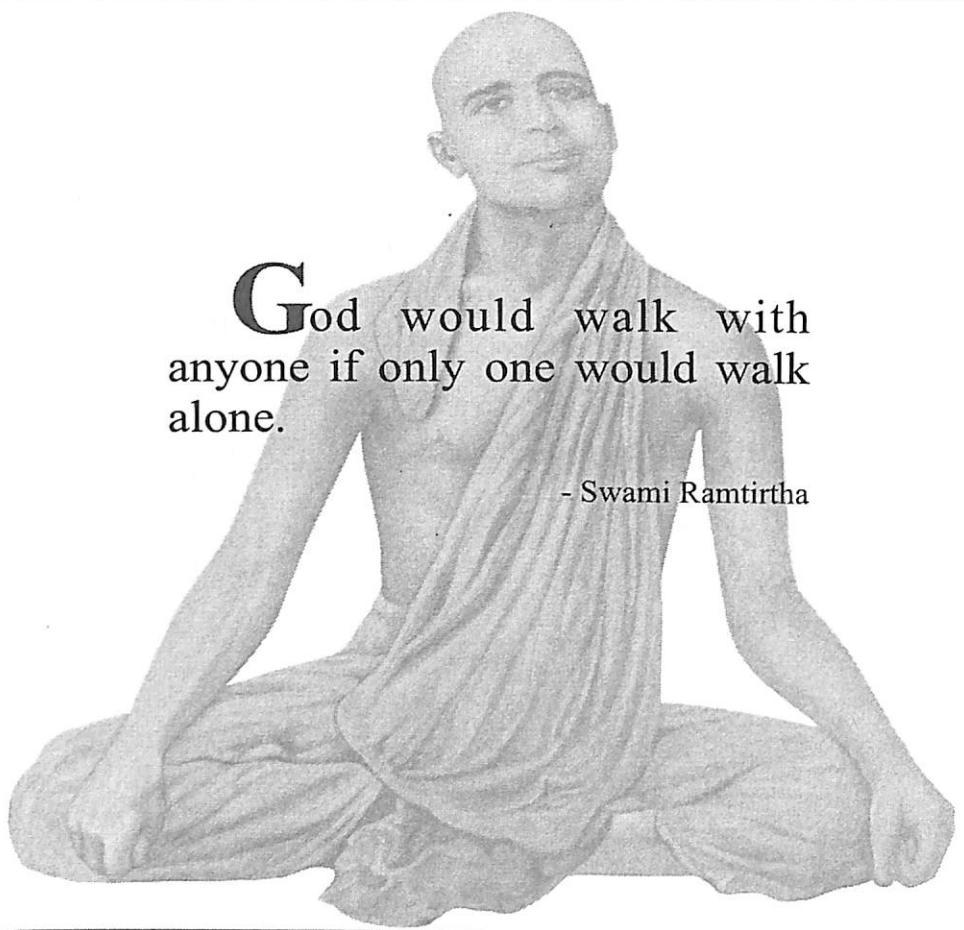
- Swami Ramtirtha

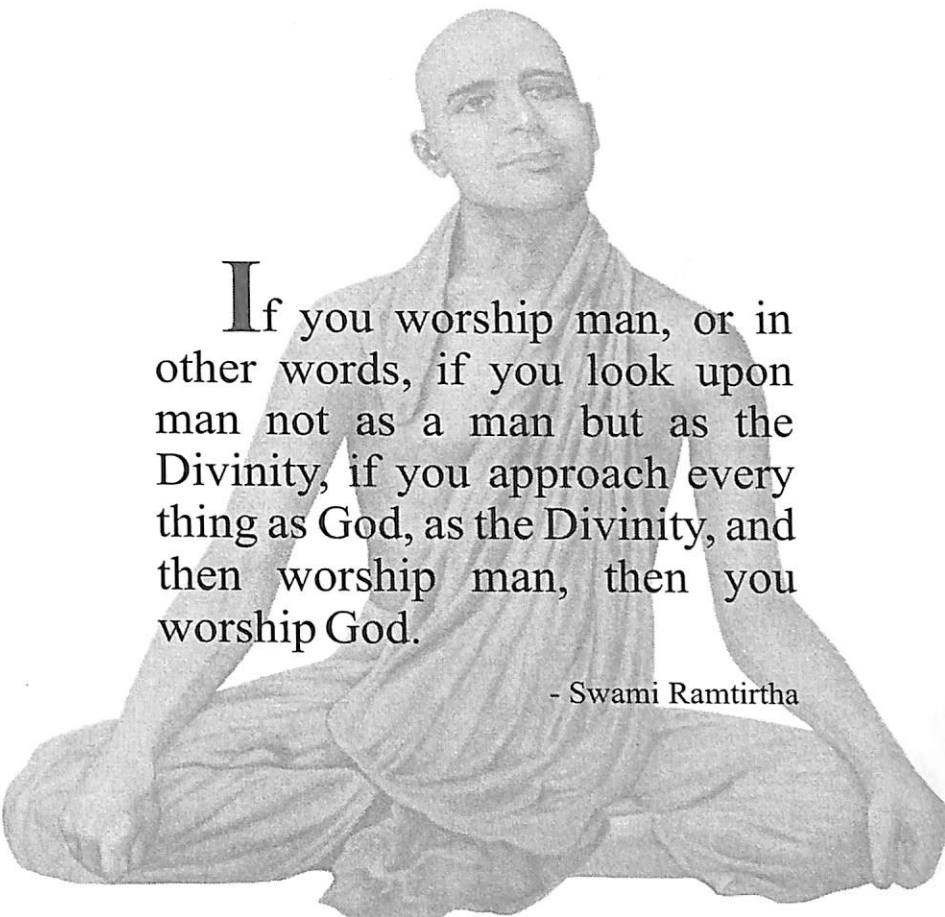
Religion ought to be studied scientifically, as we studied scientifically, as we study chemistry for instance.

- Swami Ramtirtha

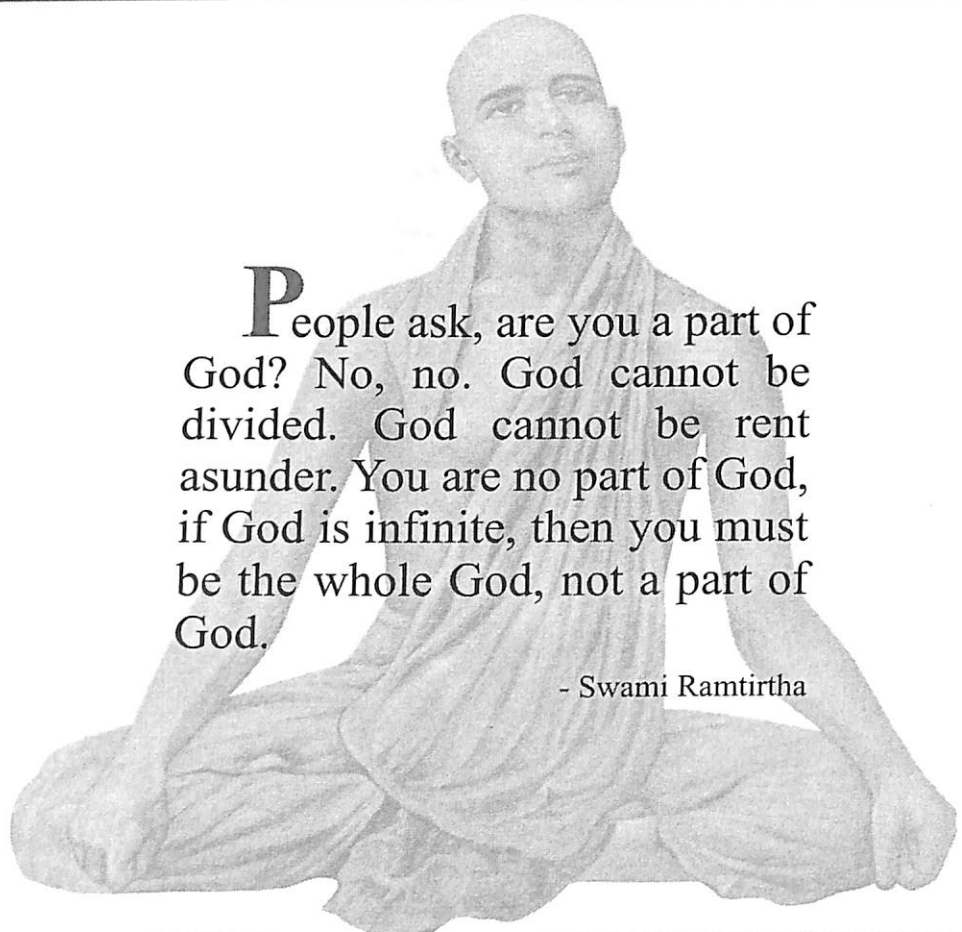
Science begins with foot, the unit of measurement; religion right with the heart.

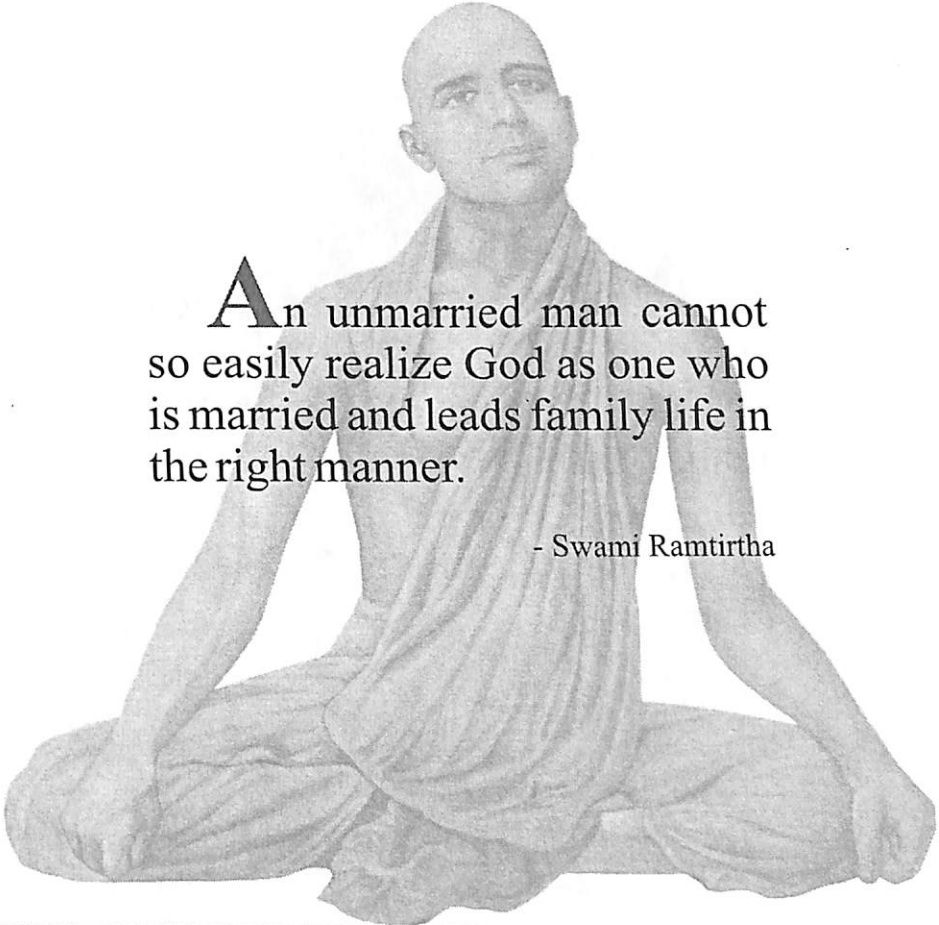
- Swami Ramtirtha

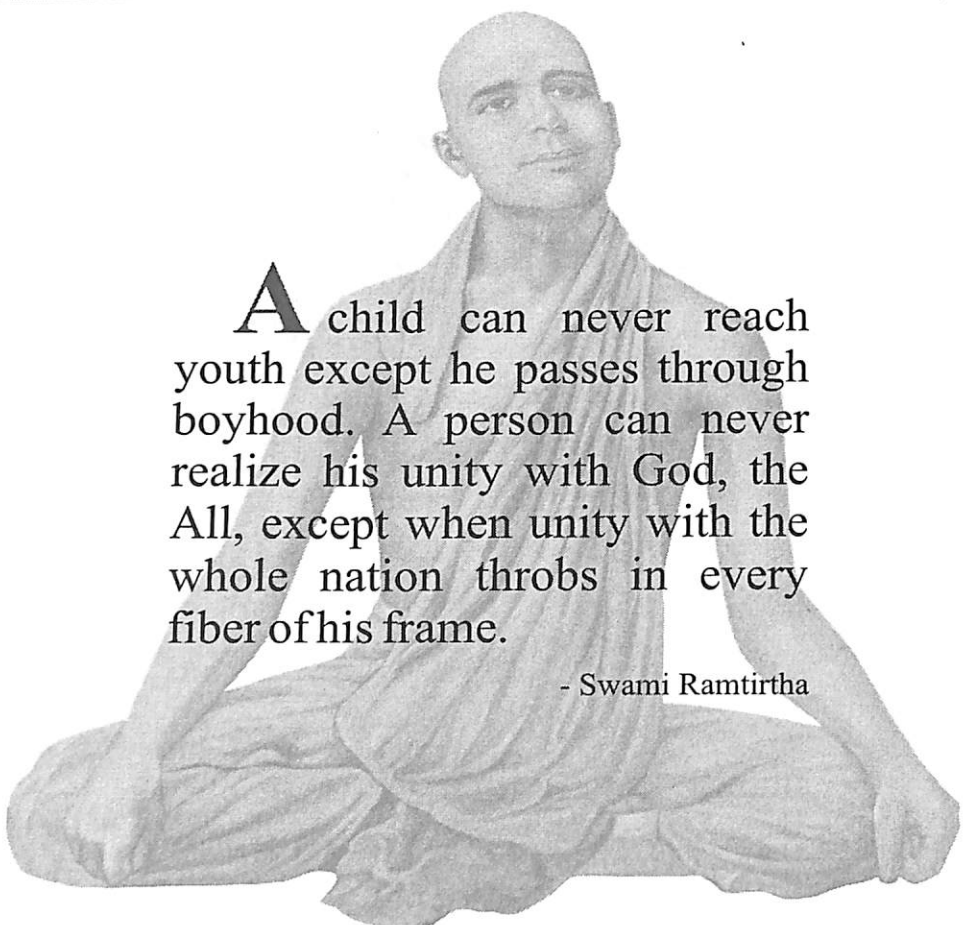
GOD

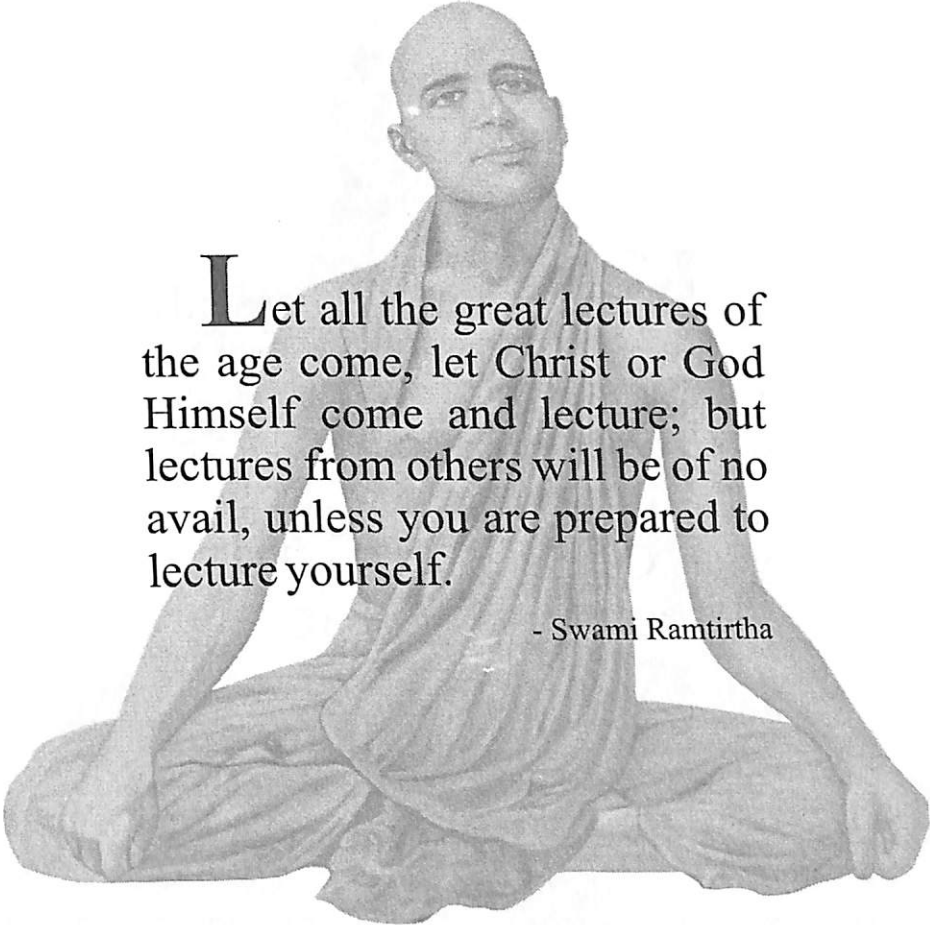
God alone is real, all else unreal.

- Swami Ramtirtha

On one occasion, Ramtirtha was asked: 'Do you believe in God?' Ramtirtha answered, ' I know God. We believe in a thing we do not know...... I AM GOD! That makes the whole difference... . You are God, I am God.... Vedanta does not believe God to be far away; one has only to close his eyes and see Him within.'

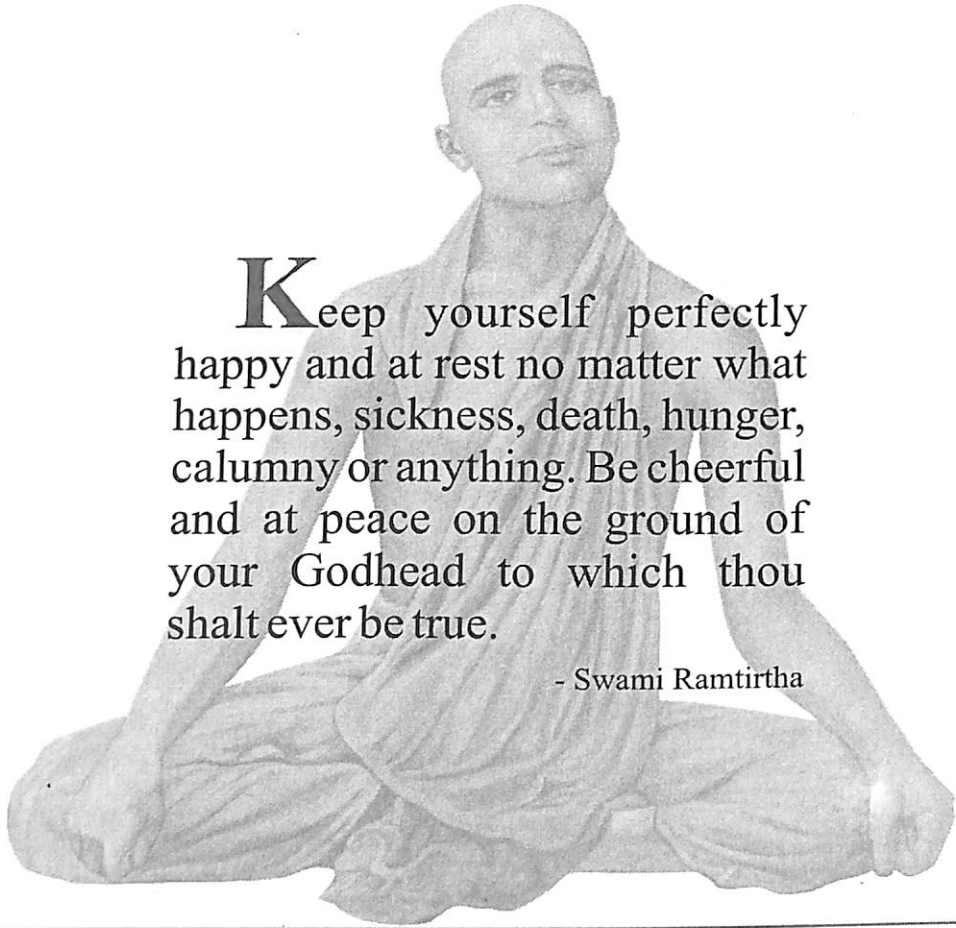
- Swami Ramtirtha

Swami Ramtirtha was once asked by an American, point blank, 'Do you play the role of an Apostle or Prophet?' His characteristic reply was: 'No, that is below my dignity. I am God Itself, and so are you! The body is my vehicle.'

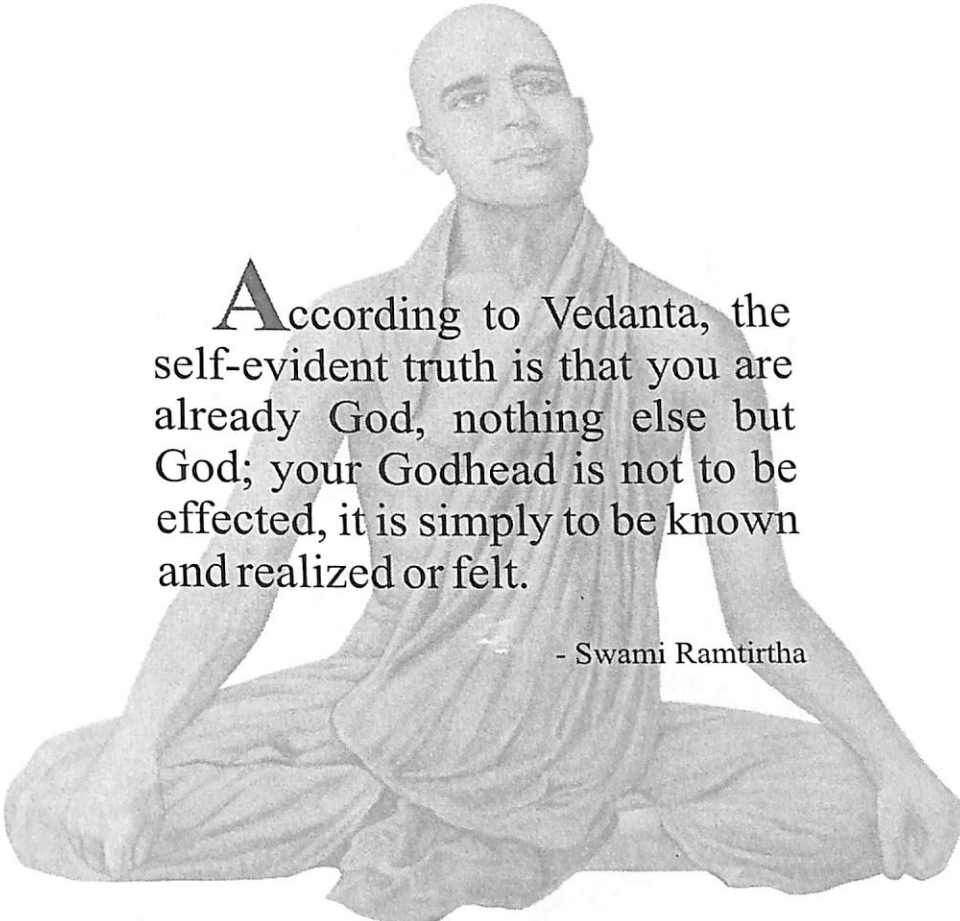
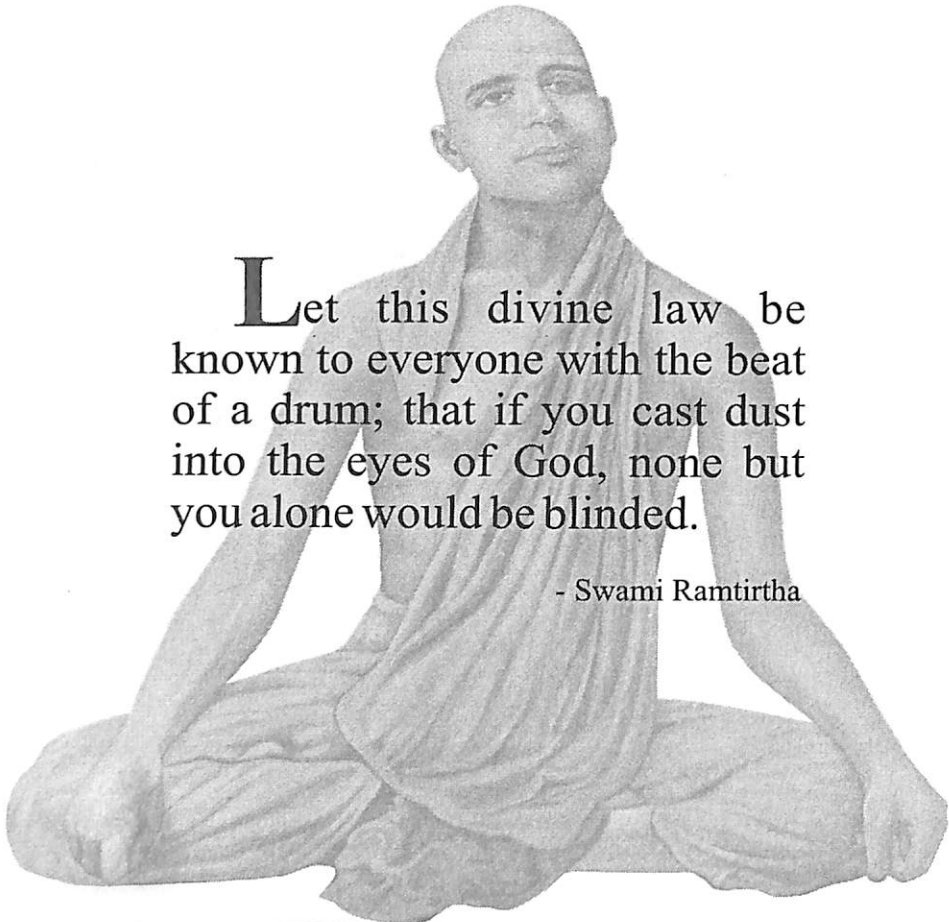
- Swami Ramtirtha

God would walk with anyone if only one would walk alone.

- Swami Ramtirtha

If you worship man, or in other words, if you look upon man not as a man but as the Divinity, if you approach every thing as God, as the Divinity, and then worship man, then you worship God.

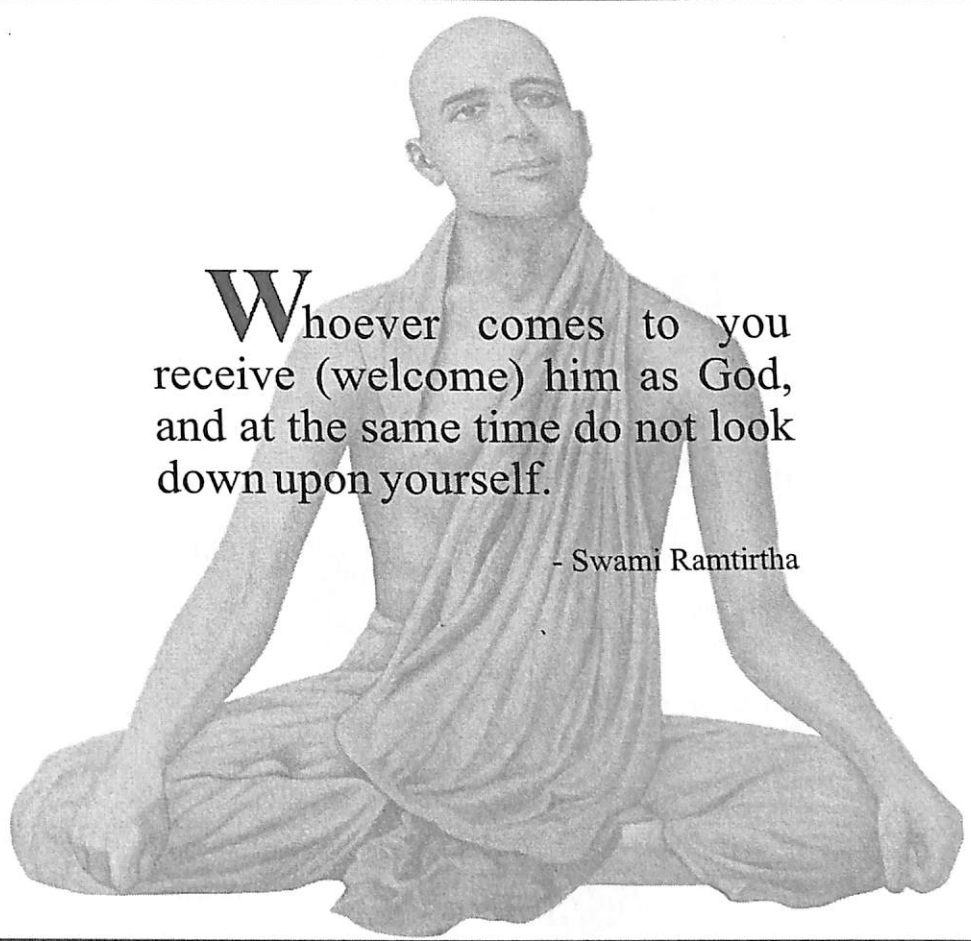
- Swami Ramtirtha

People ask, are you a part of God? No, no. God cannot be divided. God cannot be rent asunder. You are no part of God, if God is infinite, then you must be the whole God, not a part of God.

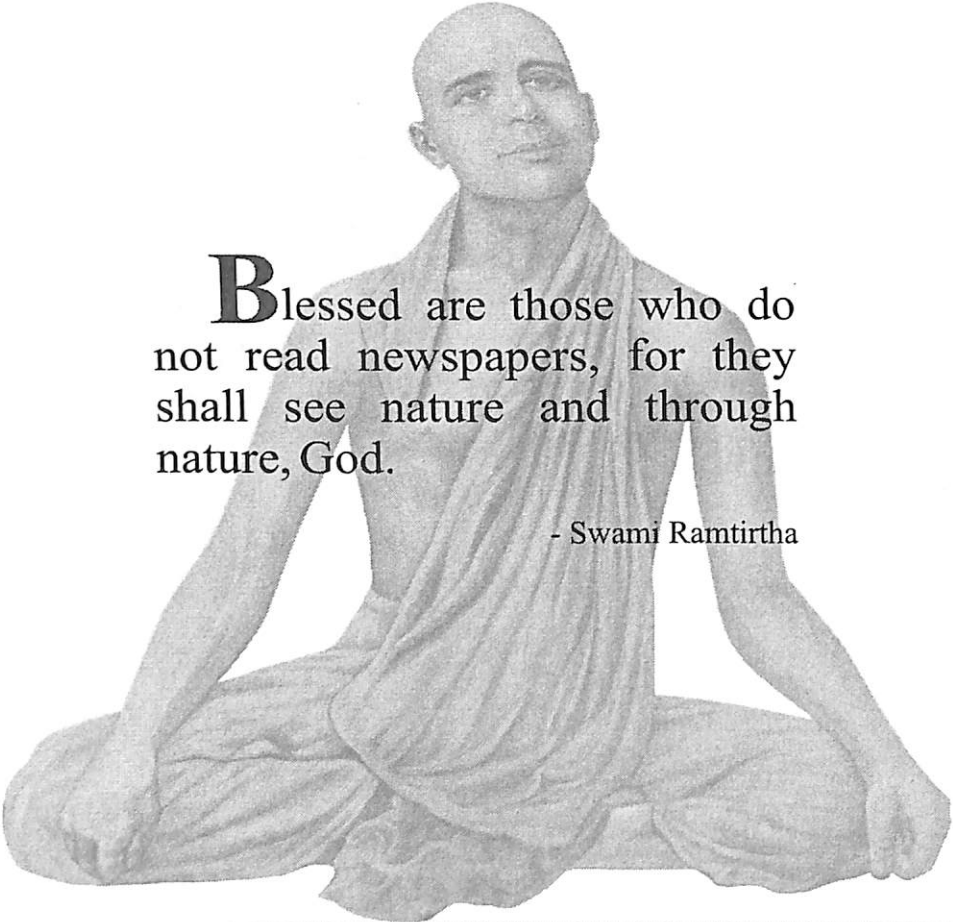
- Swami Ramtirtha

An unmarried man cannot so easily realize God as one who is married and leads family life in the right manner.

- Swami Ramtirtha

A child can never reach youth except he passes through boyhood. A person can never realize his unity with God, the All, except when unity with the whole nation throbs in every fiber of his frame.

- Swami Ramtirtha

Let all the great lectures of the age come, let Christ or God Himself come and lecture; but lectures from others will be of no avail, unless you are prepared to lecture yourself.

- Swami Ramtirtha

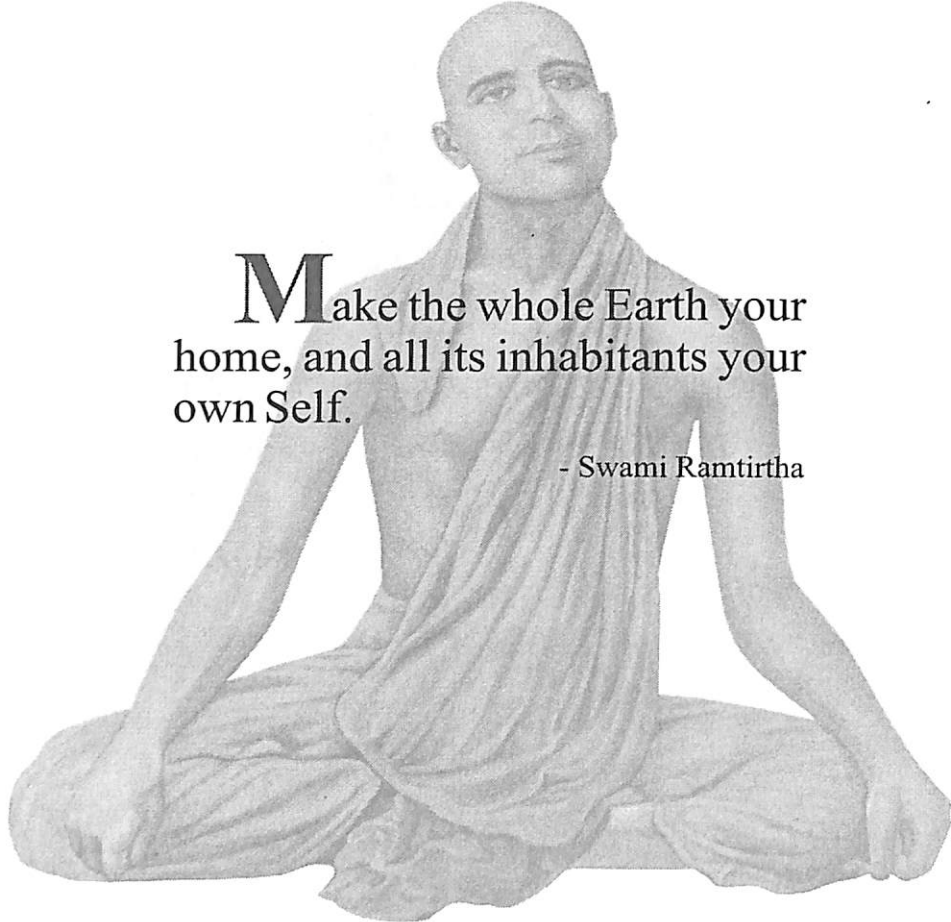
Keep yourself perfectly happy and at rest no matter what happens, sickness, death, hunger, calumny or anything. Be cheerful and at peace on the ground of your Godhead to which thou shalt ever be true.

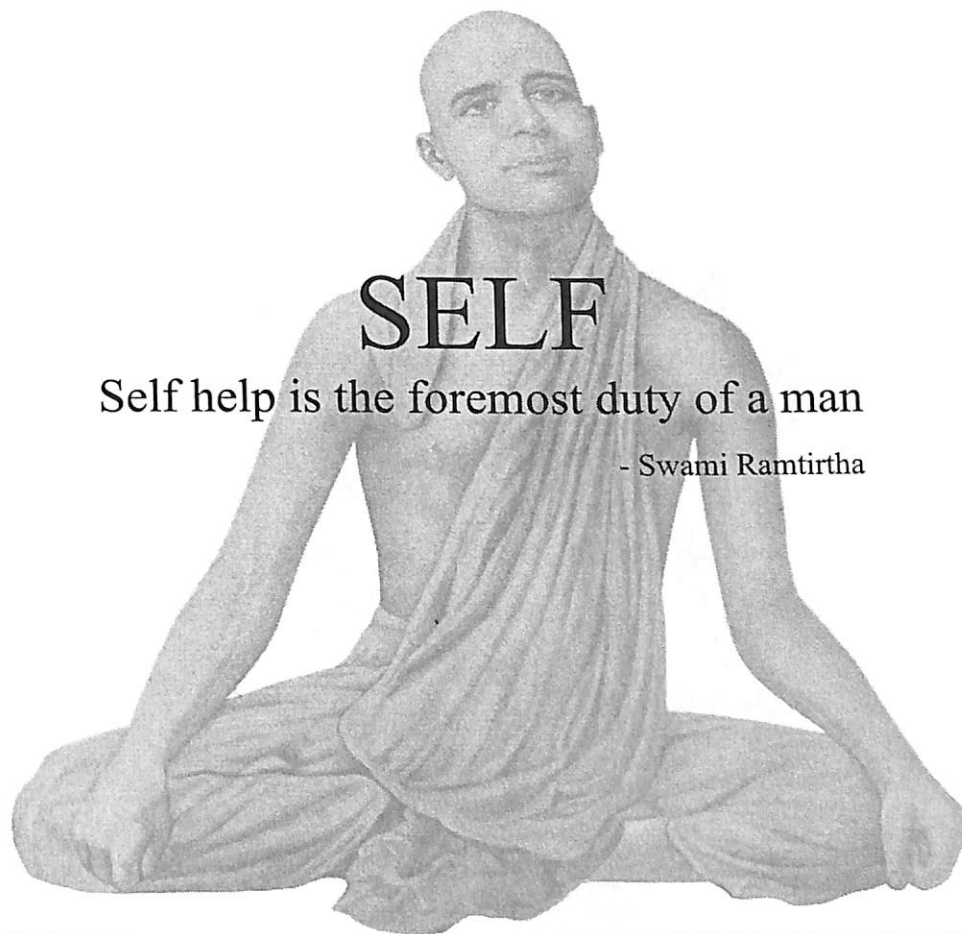
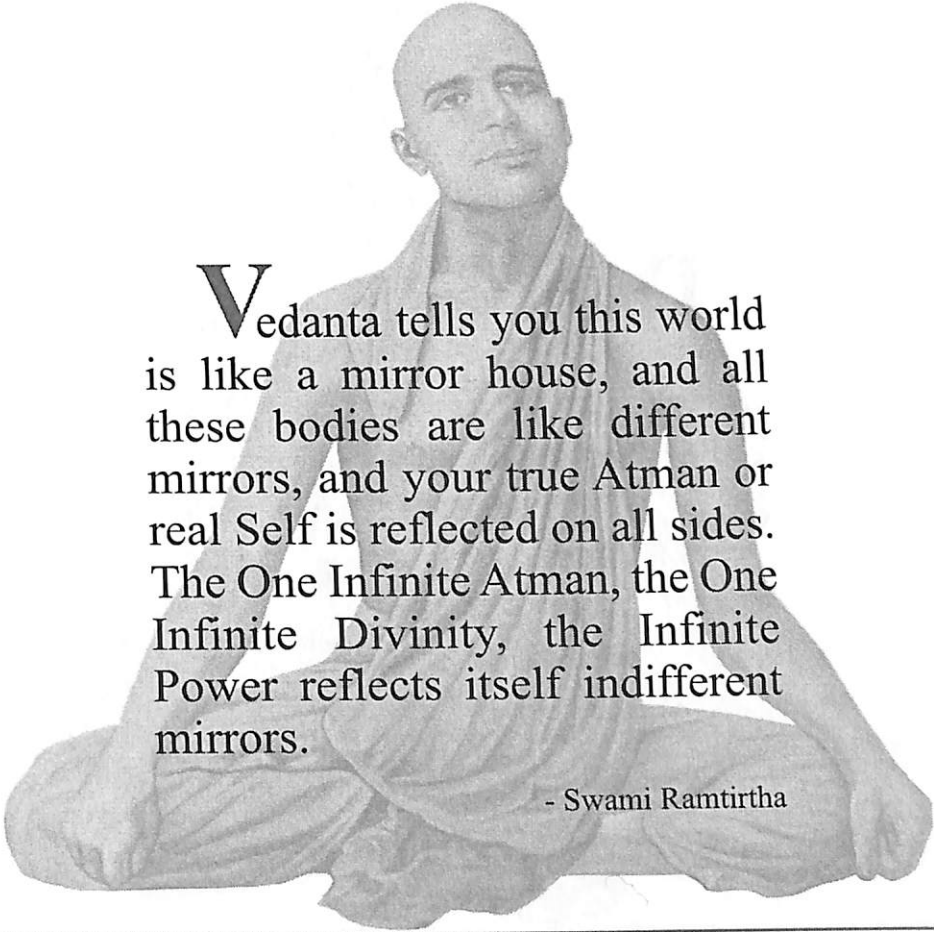
- Swami Ramtirtha

According to Vedanta, the self-evident truth is that you are already God, nothing else but God; your Godhead is not to be effected, it is simply to be known and realized or felt.

- Swami Ramtirtha

Let this divine law be known to everyone with the beat of a drum; that if you cast dust into the eyes of God, none but you alone would be blinded.

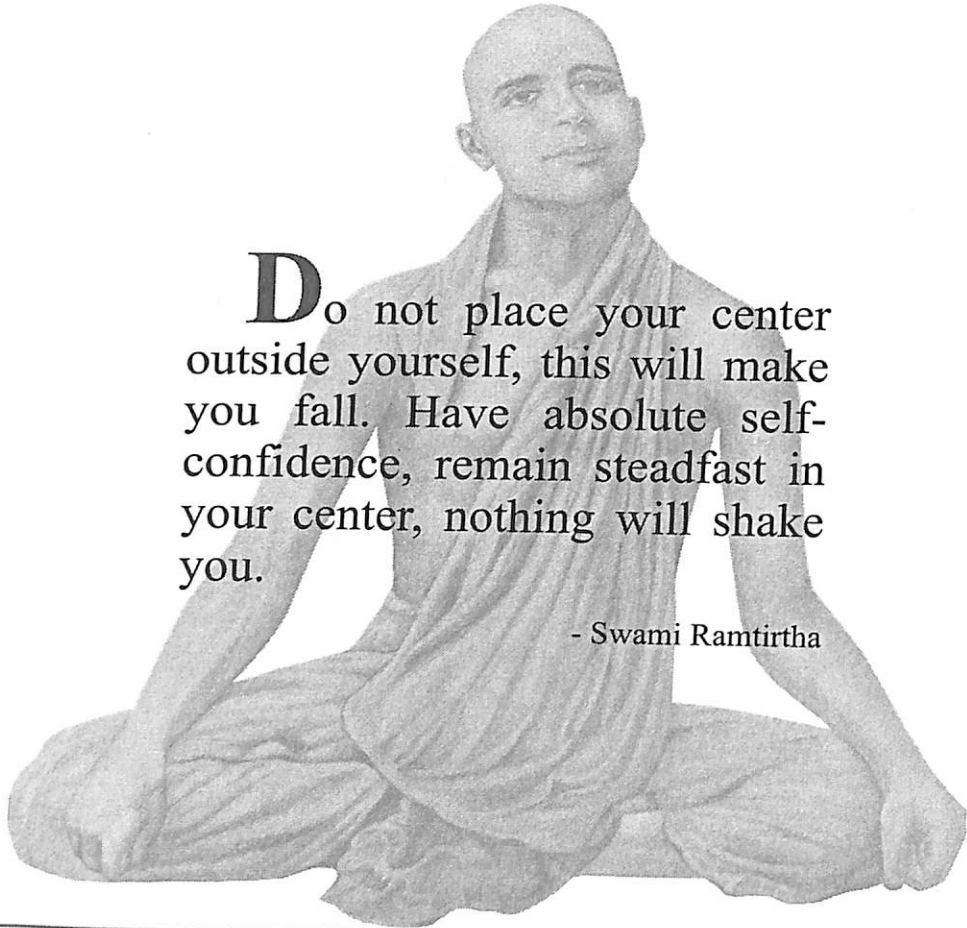
- Swami Ramtirtha

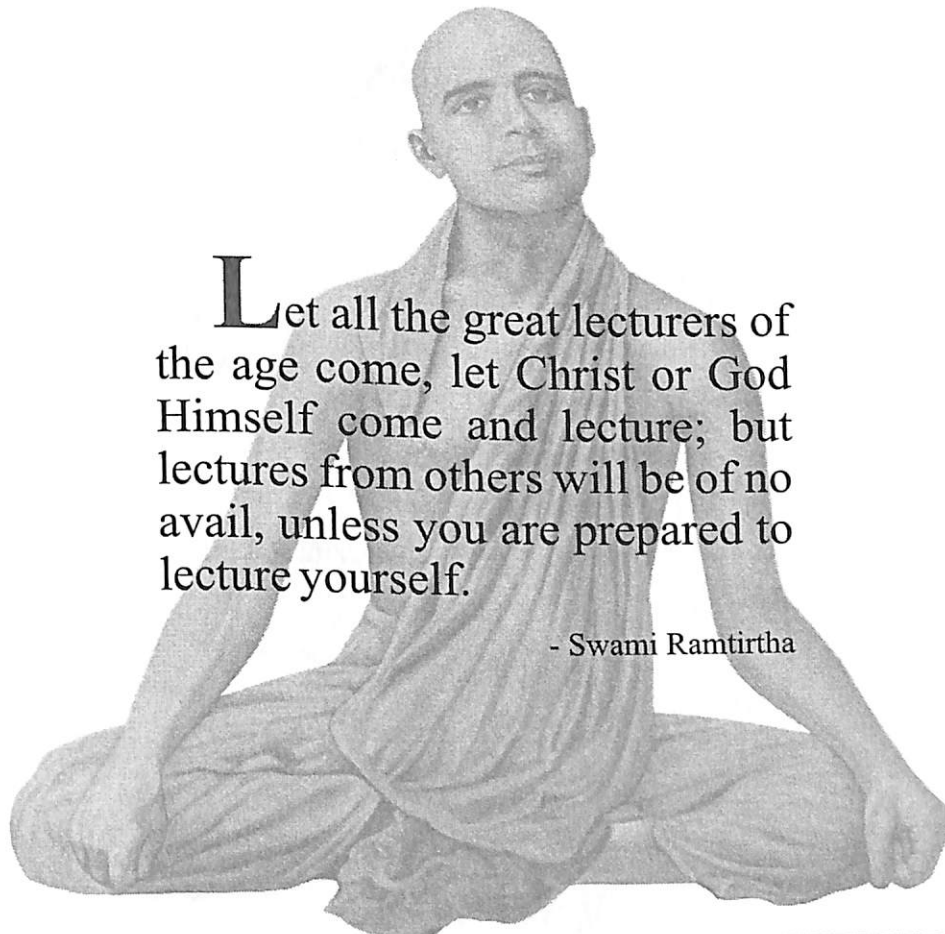
Whoever comes to you receive (welcome) him as God, and at the same time do not look down upon yourself.

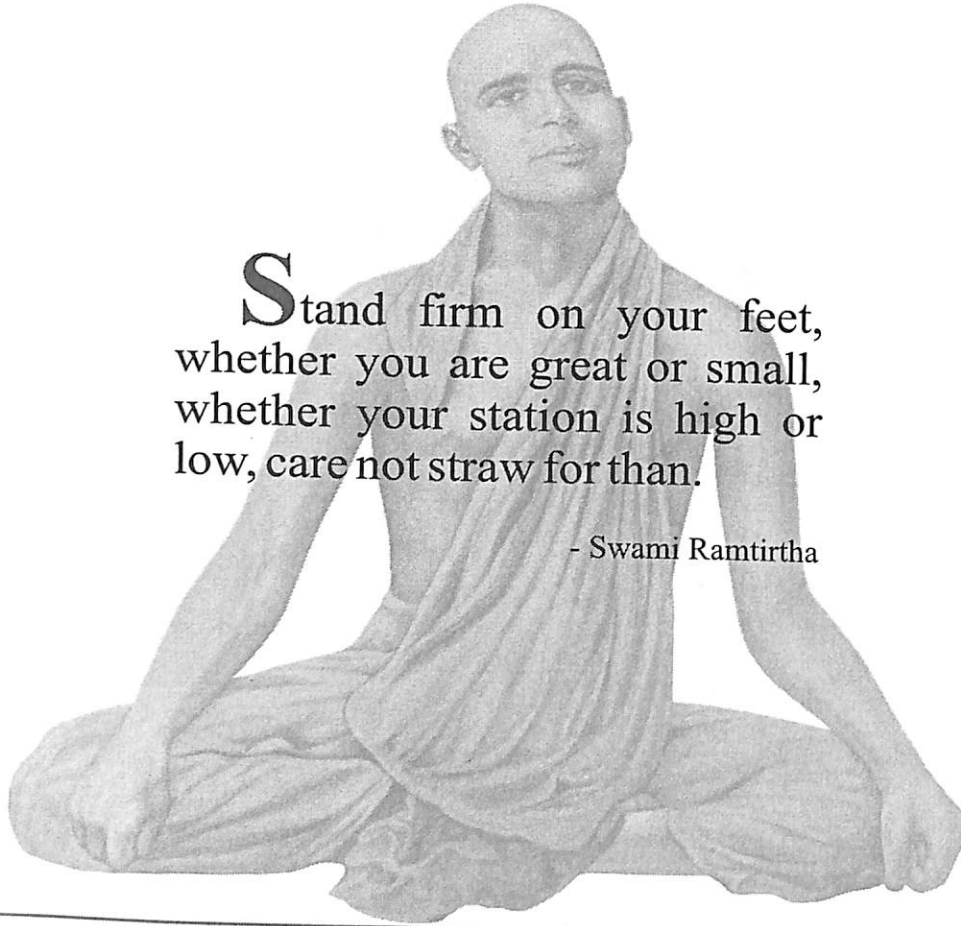
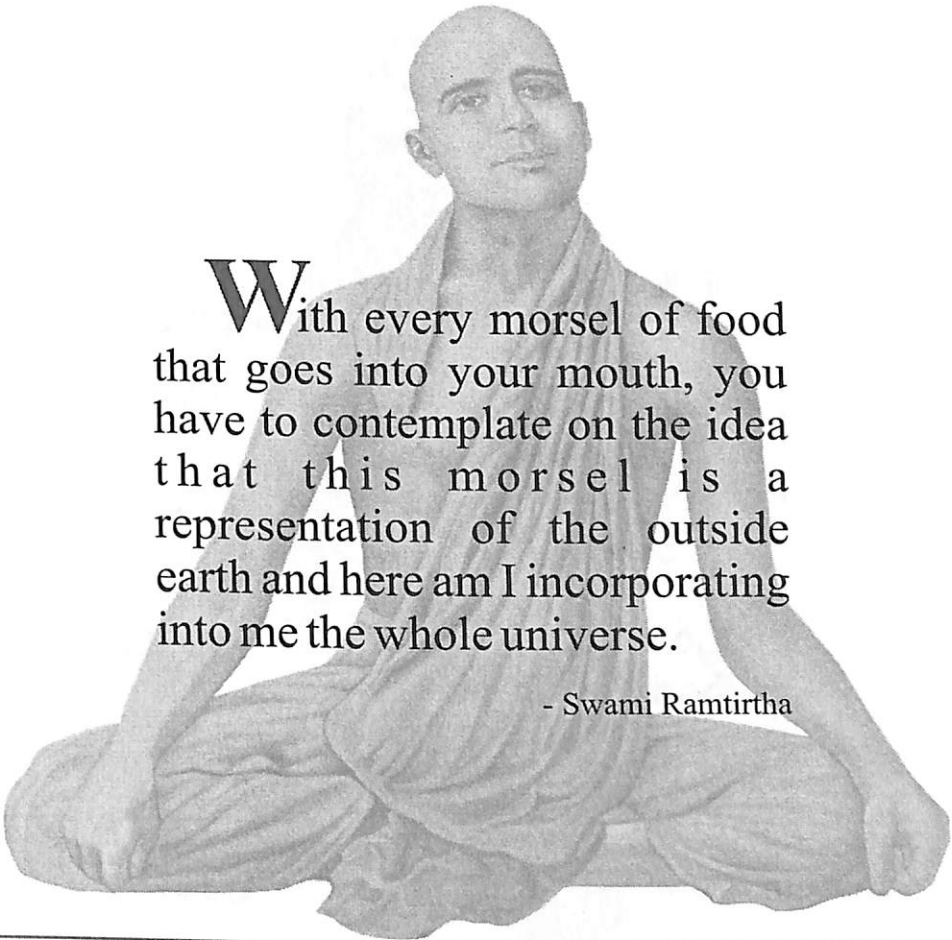
- Swami Ramtirtha

Blessed are those who do not read newspapers, for they shall see nature and through nature, God.

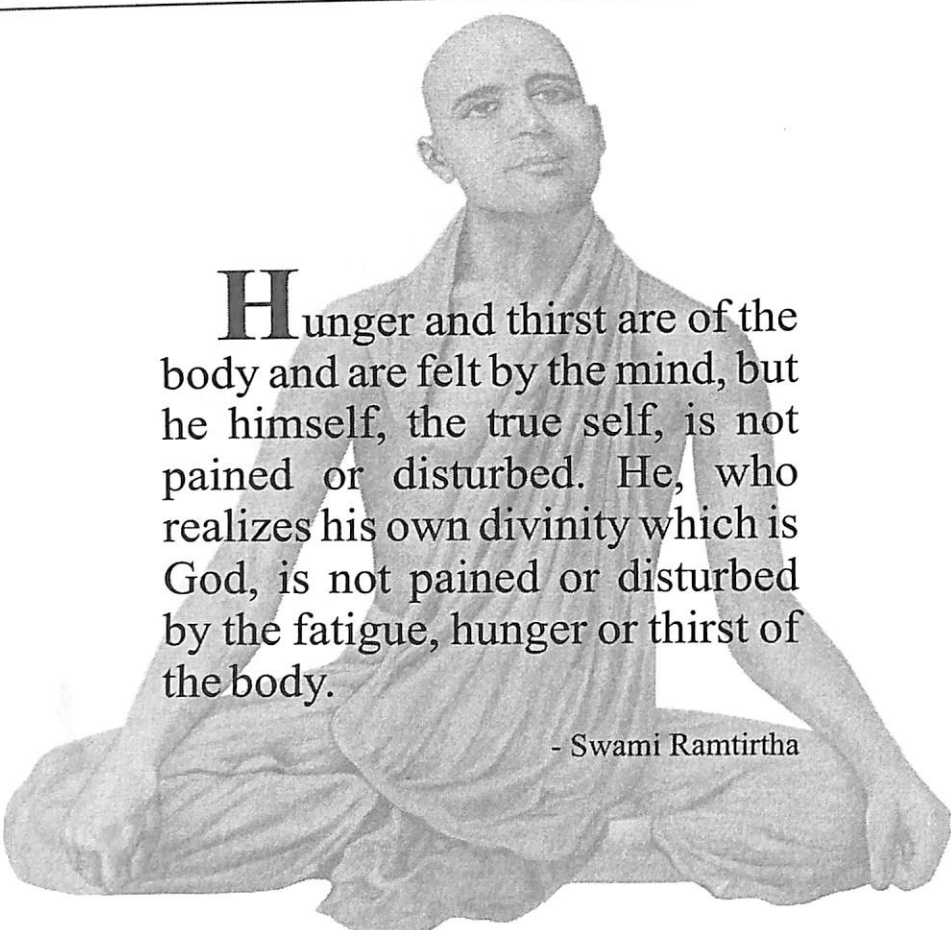
- Swami Ramtirtha

SELF

Self help is the foremost duty of a man

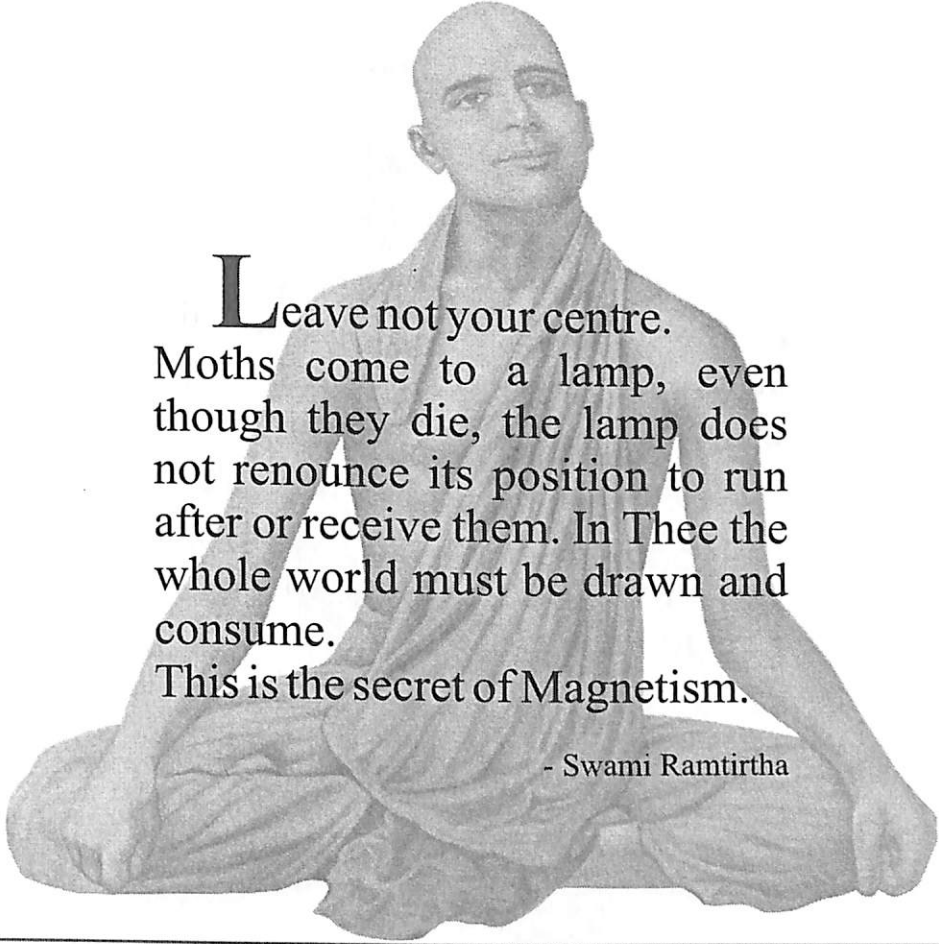
- Swami Ramtirtha

Make the whole Earth your home, and all its inhabitants your own Self.

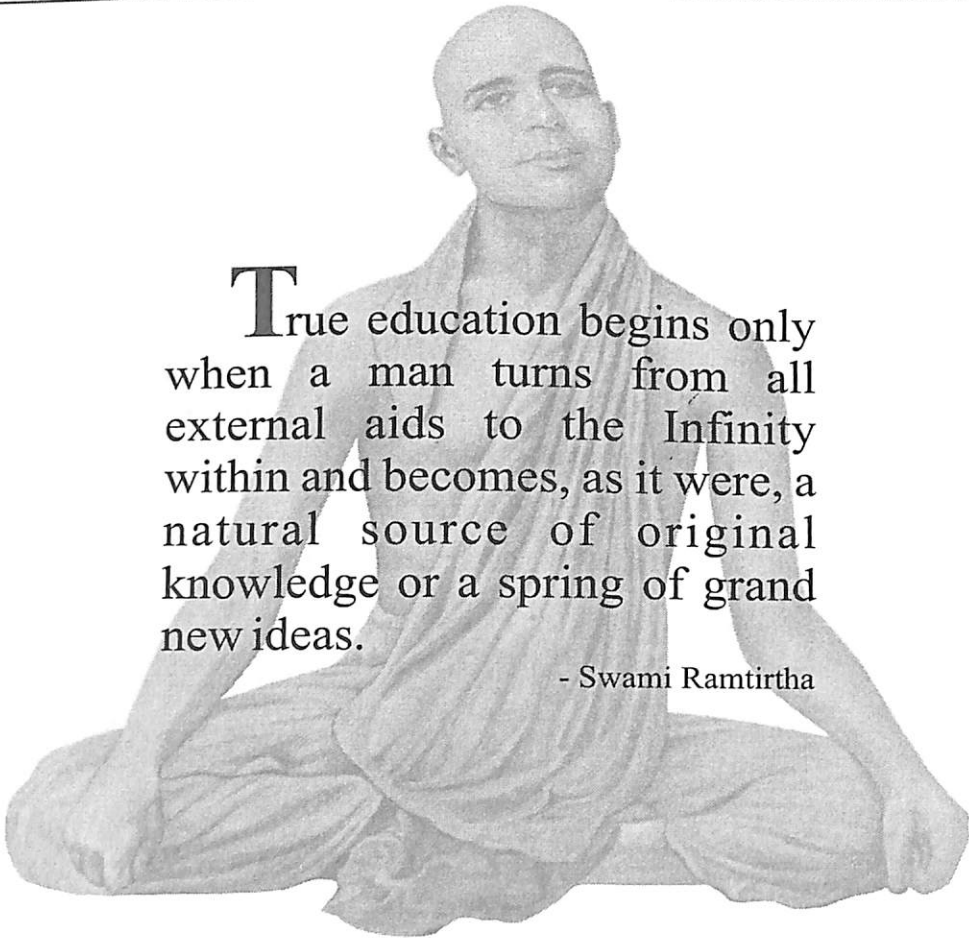
- Swami Ramtirtha

Vedanta tells you this world is like a mirror house, and all these bodies are like different mirrors, and your true Atman or real Self is reflected on all sides. The One Infinite Atman, the One Infinite Divinity, the Infinite Power reflects itself indifferent mirrors.

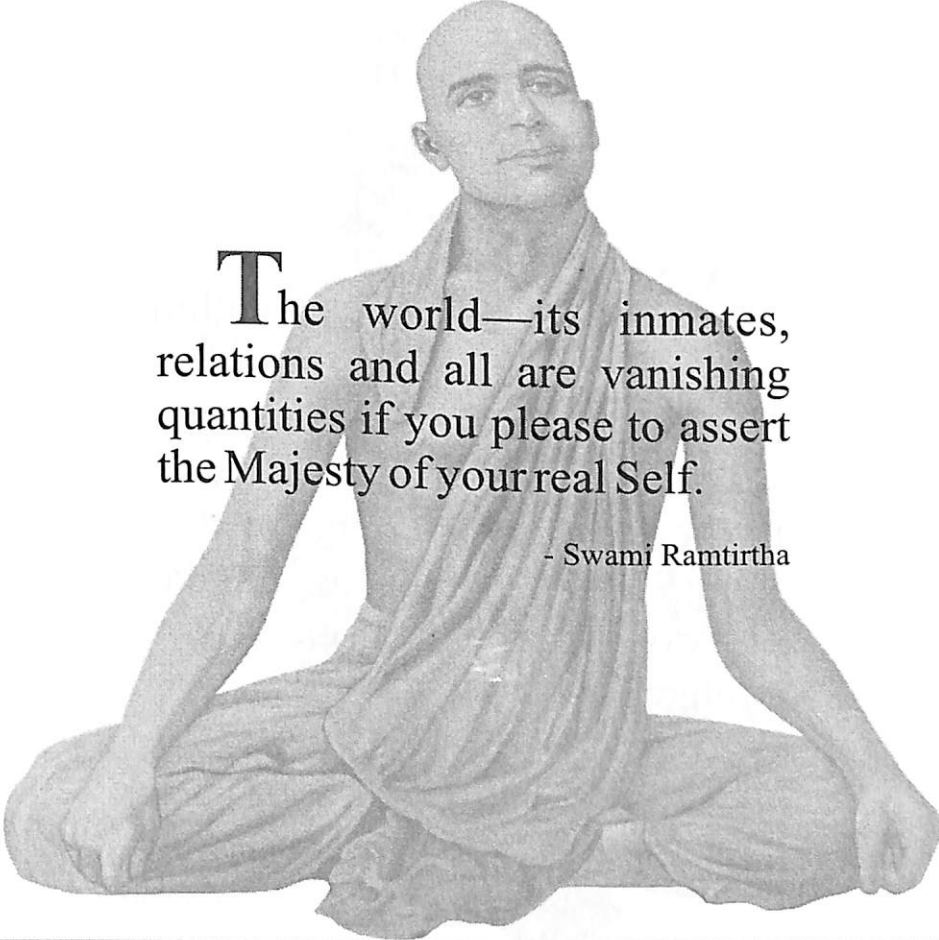
- Swami Ramtirtha

Do not place your center outside yourself, this will make you fall. Have absolute self-confidence, remain steadfast in your center, nothing will shake you.

- Swami Ramtirtha

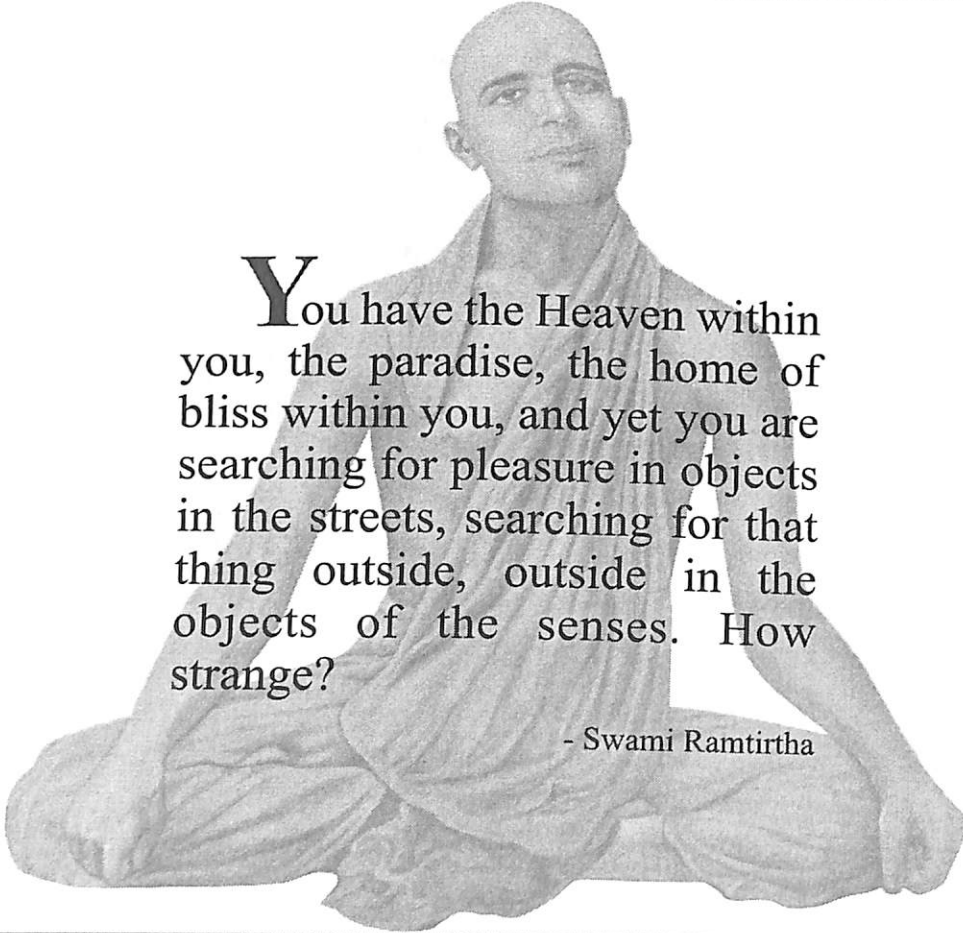
Let all the great lecturers of the age come, let Christ or God Himself come and lecture; but lectures from others will be of no avail, unless you are prepared to lecture yourself.

- Swami Ramtirtha

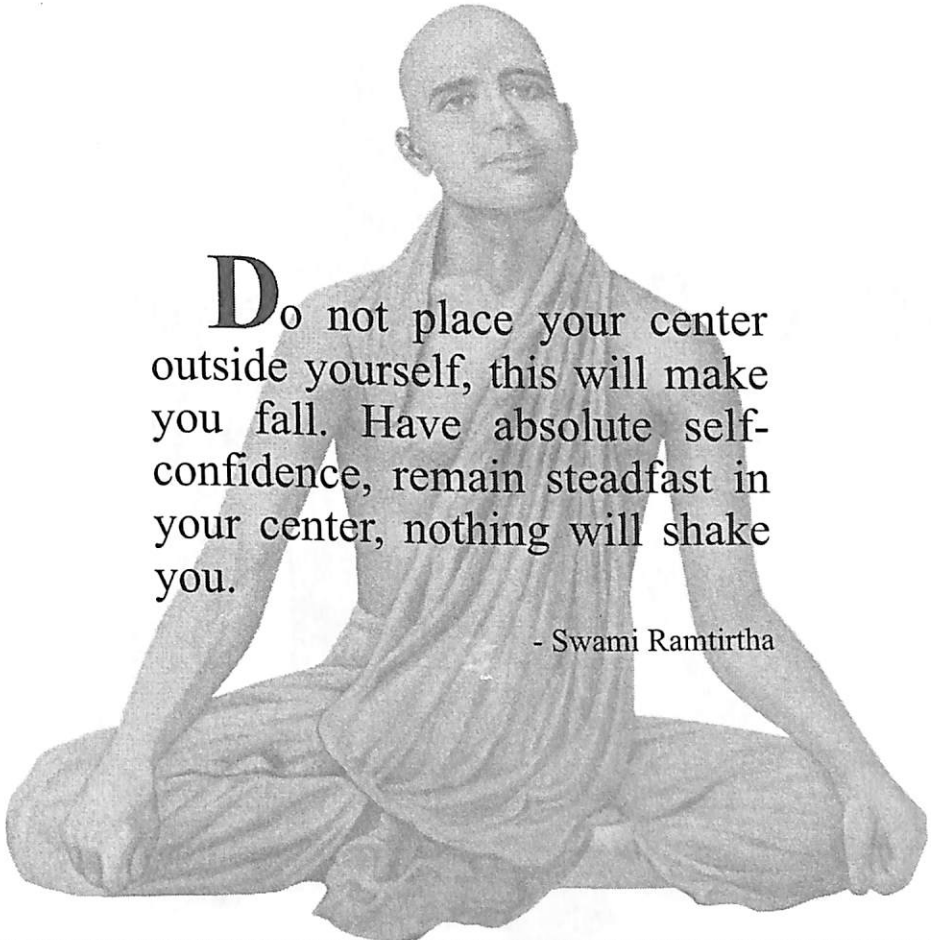
Stand firm on your feet, whether you are great or small, whether your station is high or low, care not straw for than.

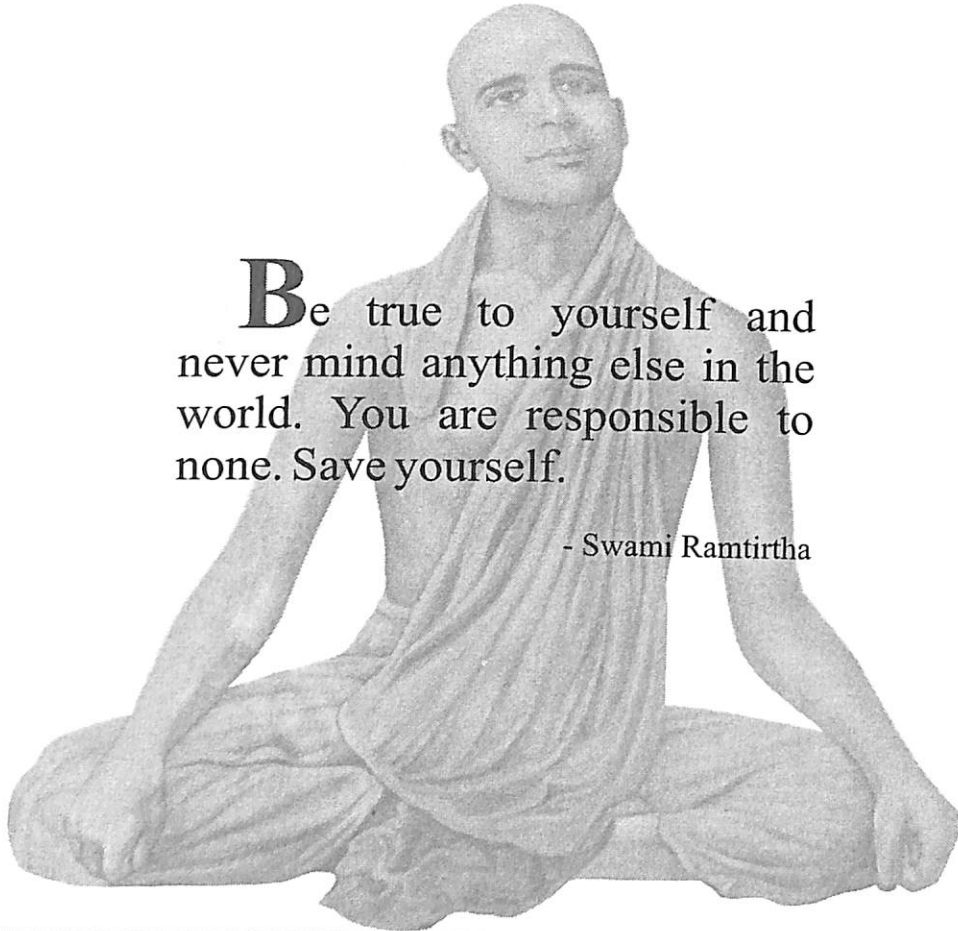
- Swami Ramtirtha

With every morsel of food that goes into your mouth, you have to contemplate on the idea that this morsel is a representation of the outside earth and here am I incorporating into me the whole universe.

- Swami Ramtirtha

Hunger and thirst are of the body and are felt by the mind, but he himself, the true self, is not pained or disturbed. He, who realizes his own divinity which is God, is not pained or disturbed by the fatigue, hunger or thirst of the body.

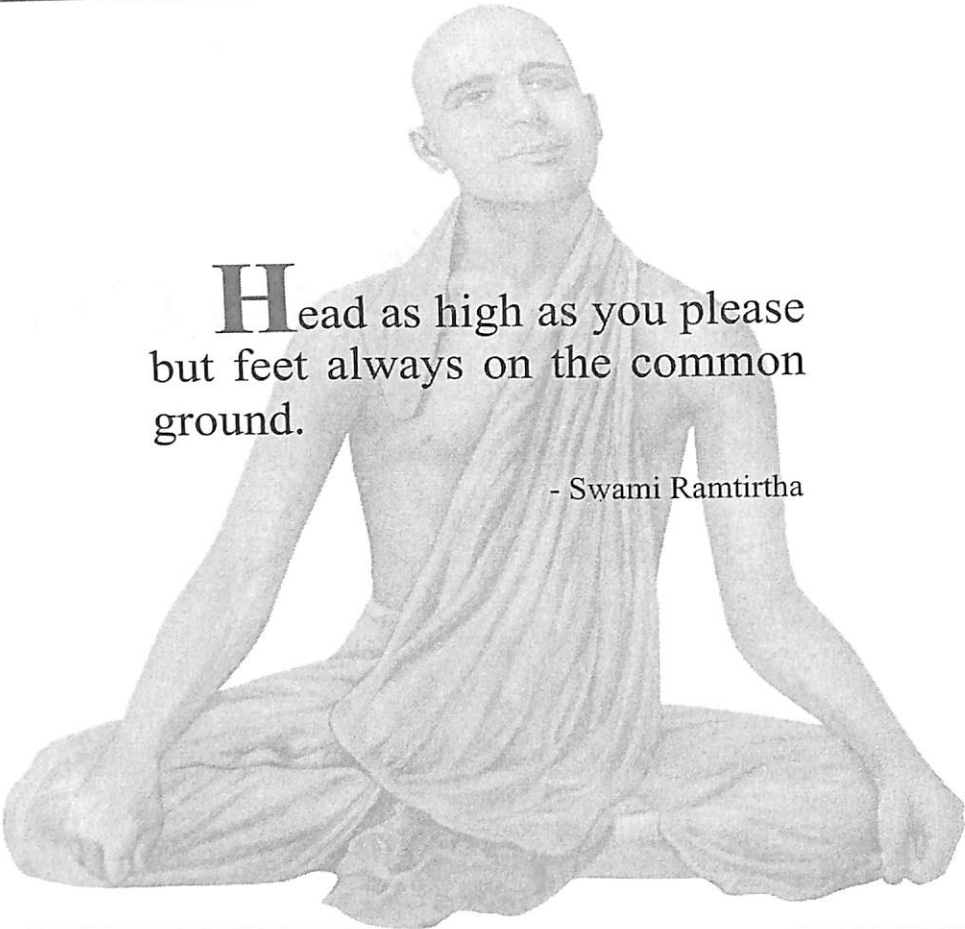
- Swami Ramtirtha

Leave not your centre.
Moths come to a lamp, even though they die, the lamp does not renounce its position to run after or receive them. In Thee the whole world must be drawn and consume.
This is the secret of Magnetism.

- Swami Ramtirtha

True education begins only when a man turns from all external aids to the Infinity within and becomes, as it were, a natural source of original knowledge or a spring of grand new ideas.

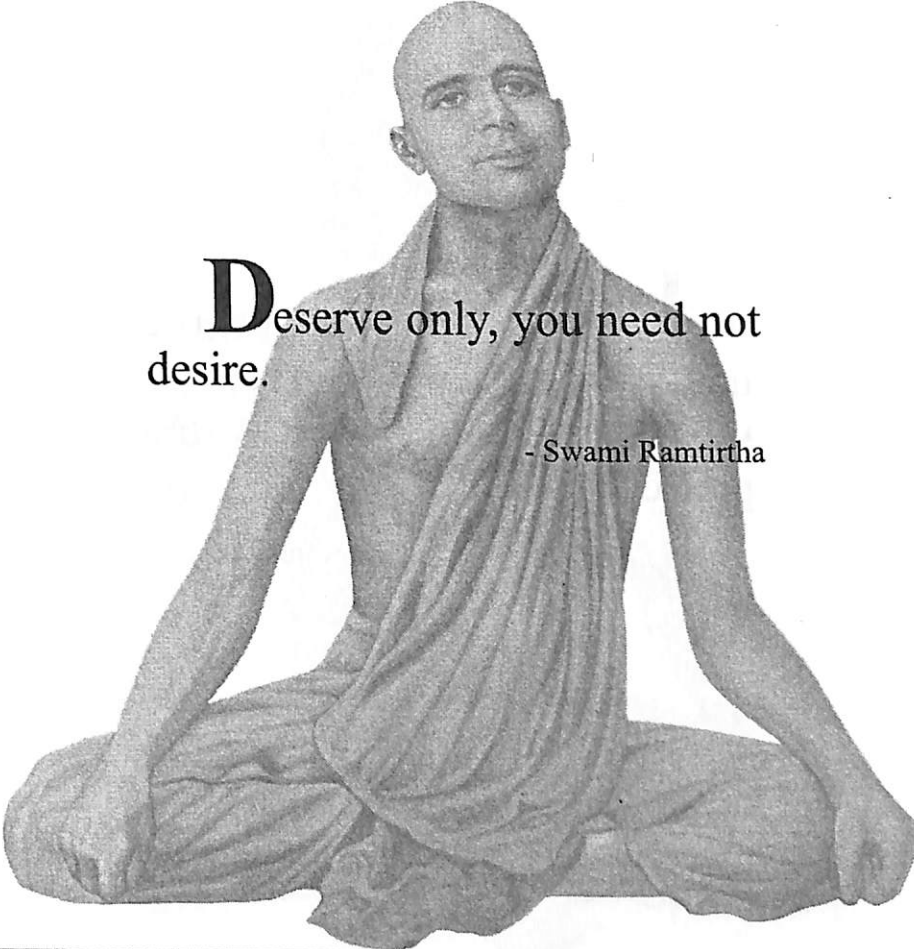
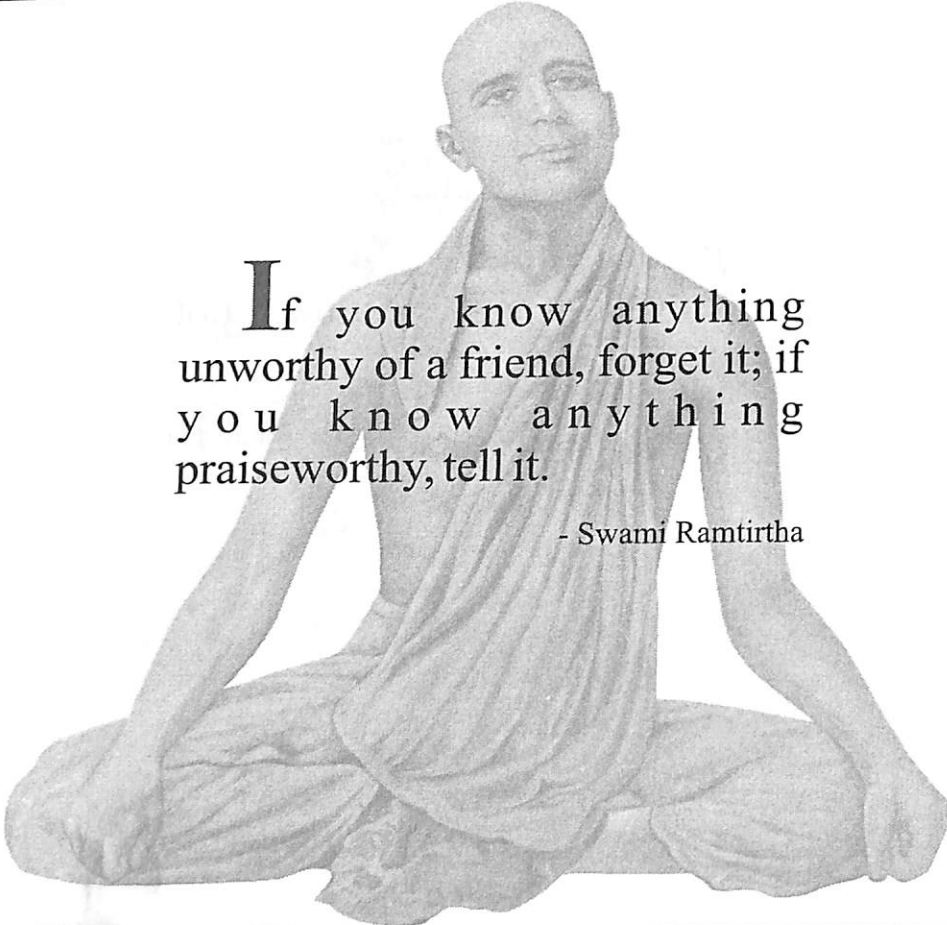
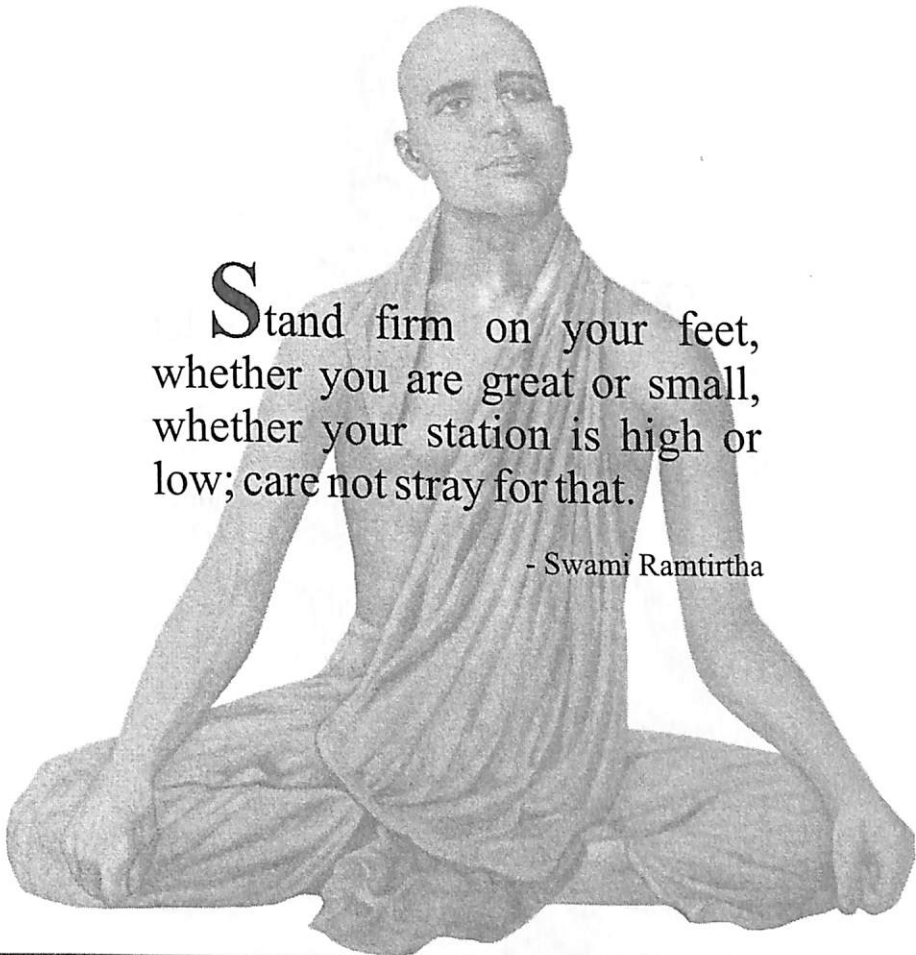
- Swami Ramtirtha

The world—its inmates, relations and all are vanishing quantities if you please to assert the Majesty of your real Self.

- Swami Ramtirtha

You have the Heaven within you, the paradise, the home of bliss within you, and yet you are searching for pleasure in objects in the streets, searching for that thing outside, outside in the objects of the senses. How strange?

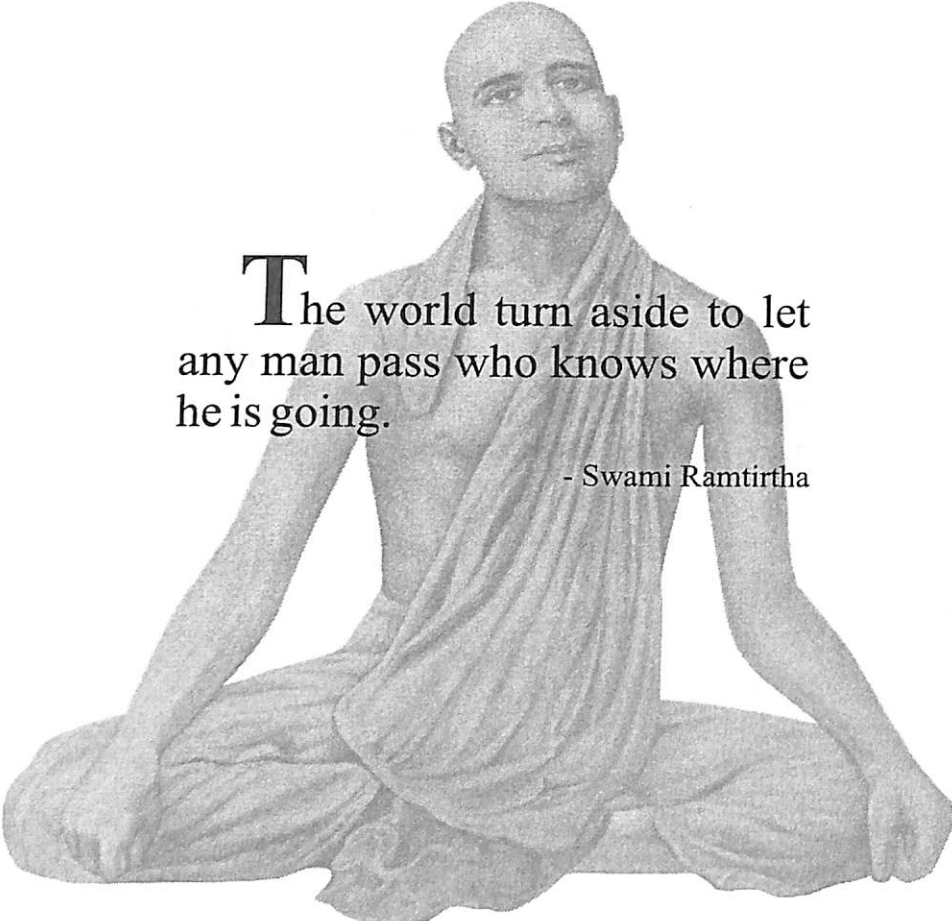
- Swami Ramtirtha

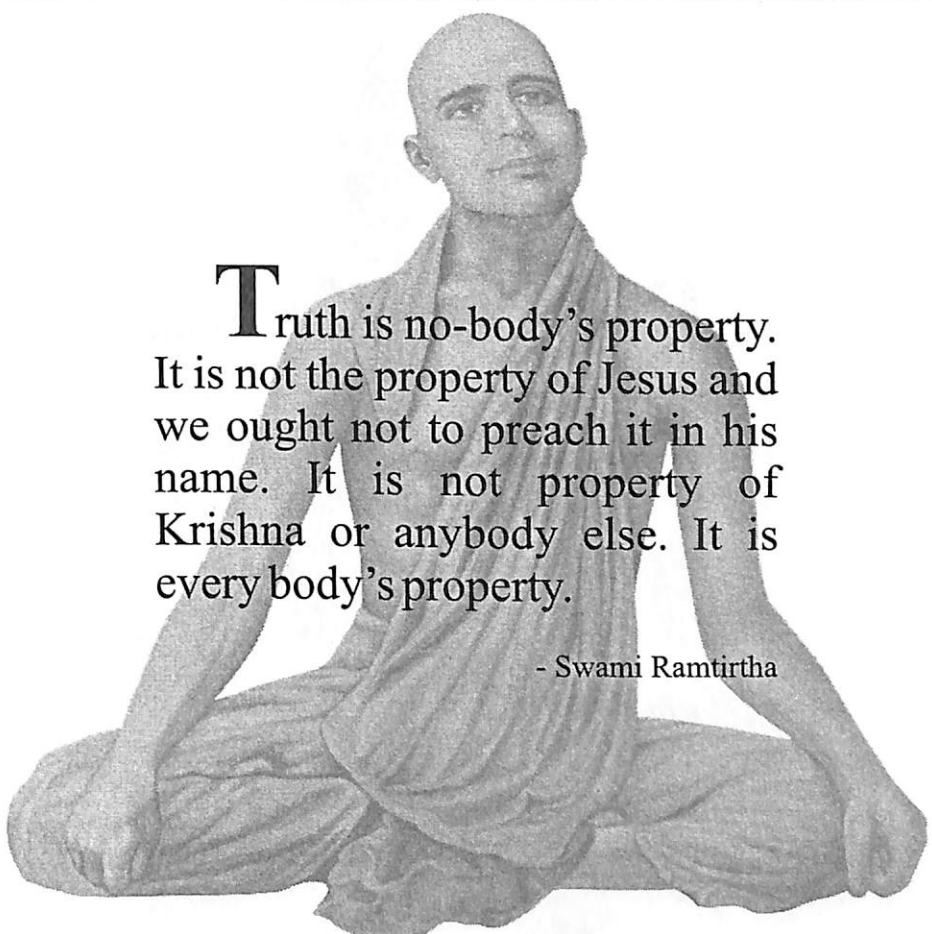
Do not place your center outside yourself, this will make you fall. Have absolute self-confidence, remain steadfast in your center, nothing will shake you.

- Swami Ramtirtha

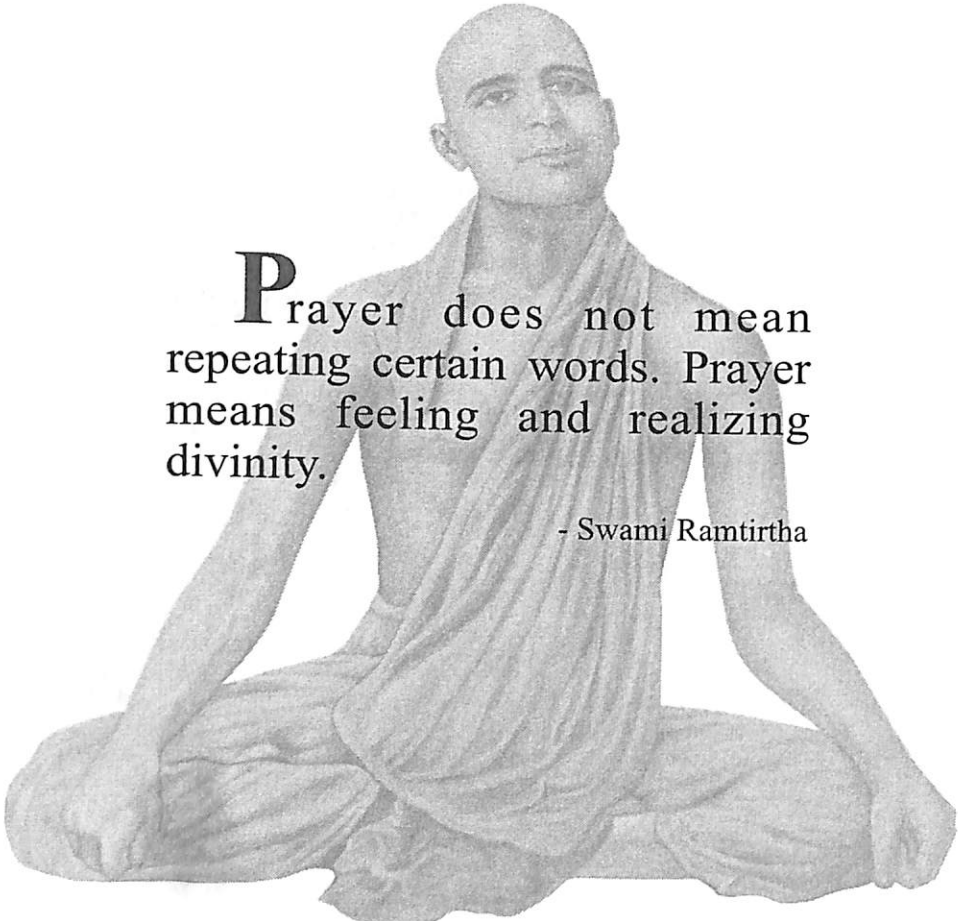
Be true to yourself and never mind anything else in the world. You are responsible to none. Save yourself.

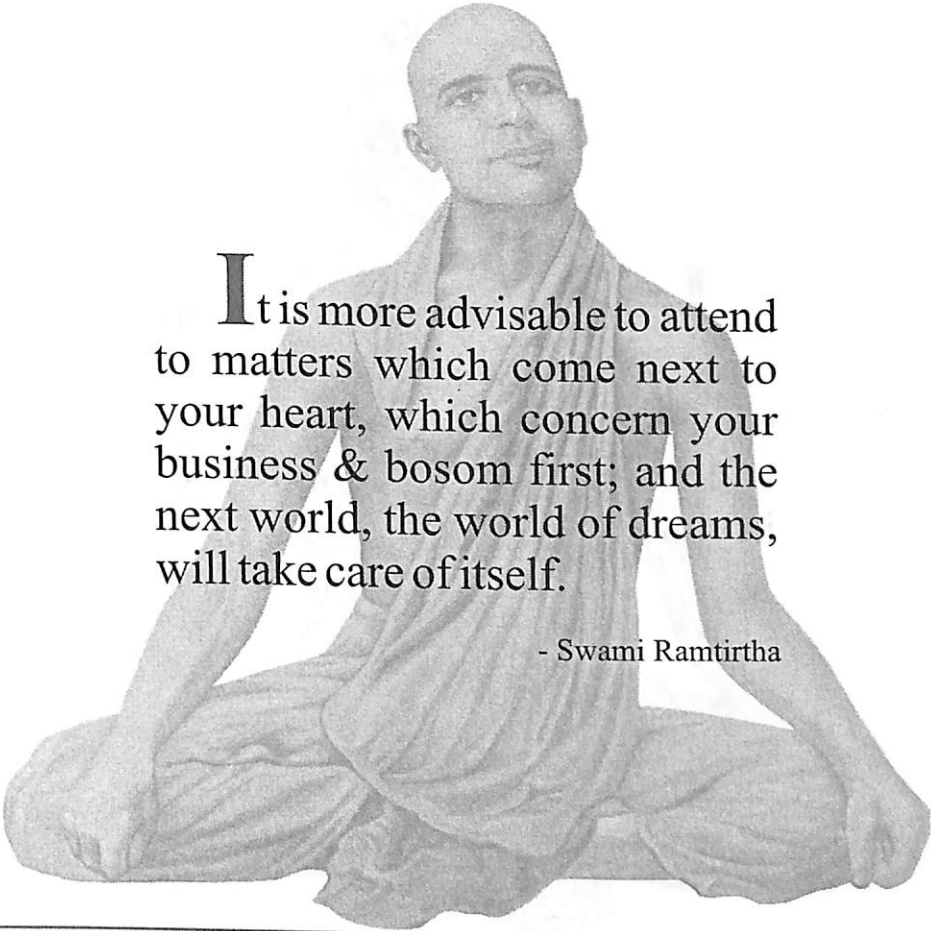
- Swami Ramtirtha

MISCELLANEOUS

Head as high as you please but feet always on the common ground.

- Swami Ramtirtha

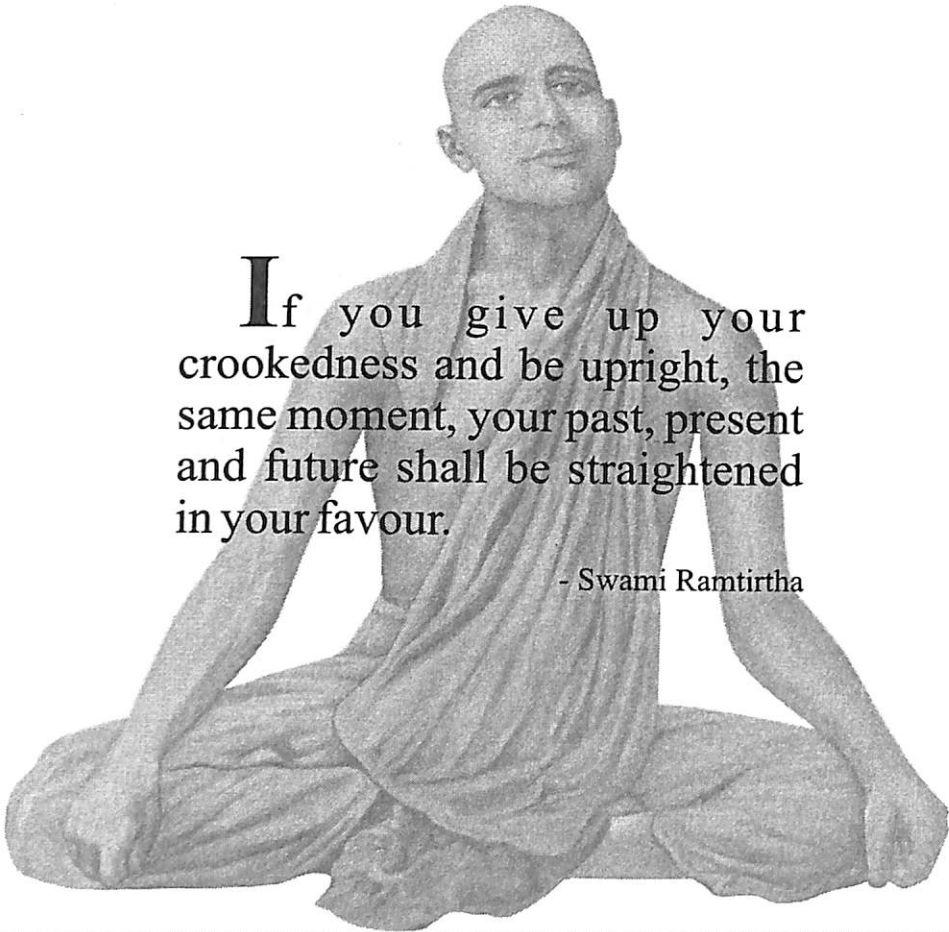
Deserve only, you need not desire.

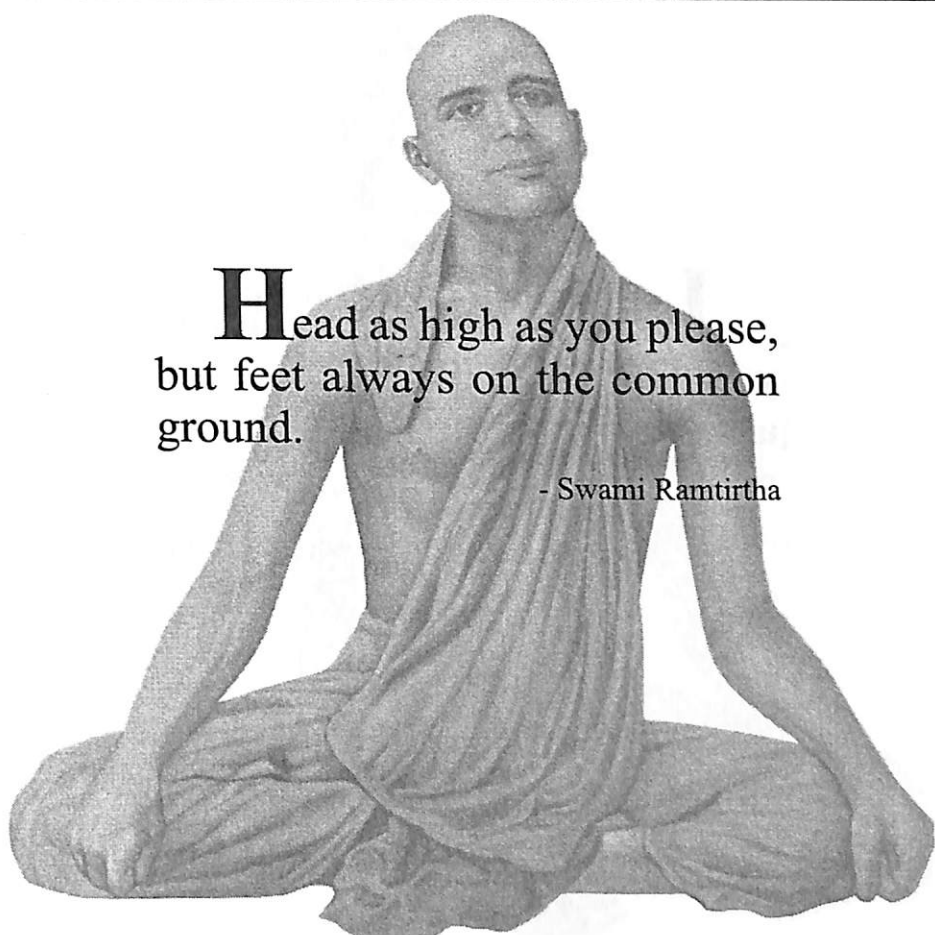
- Swami Ramtirtha

If you know anything unworthy of a friend, forget it; if you know anything praiseworthy, tell it.

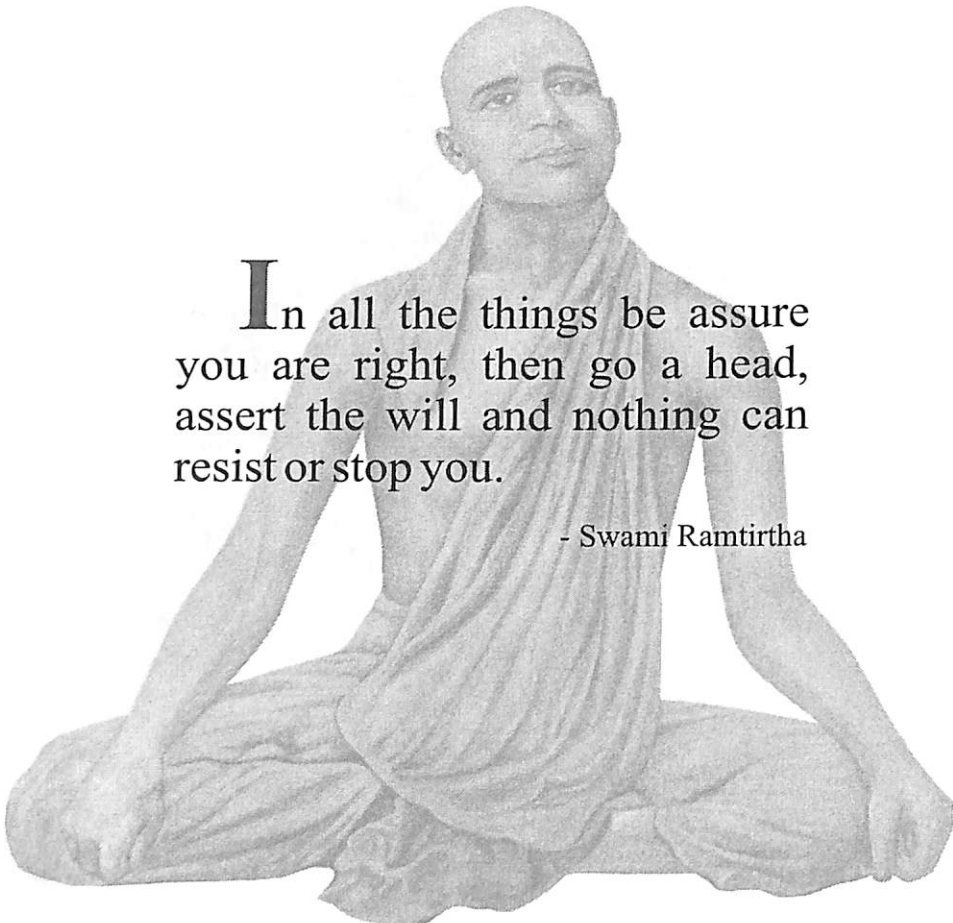
- Swami Ramtirtha

Stand firm on your feet, whether you are great or small, whether your station is high or low; care not stray for that.

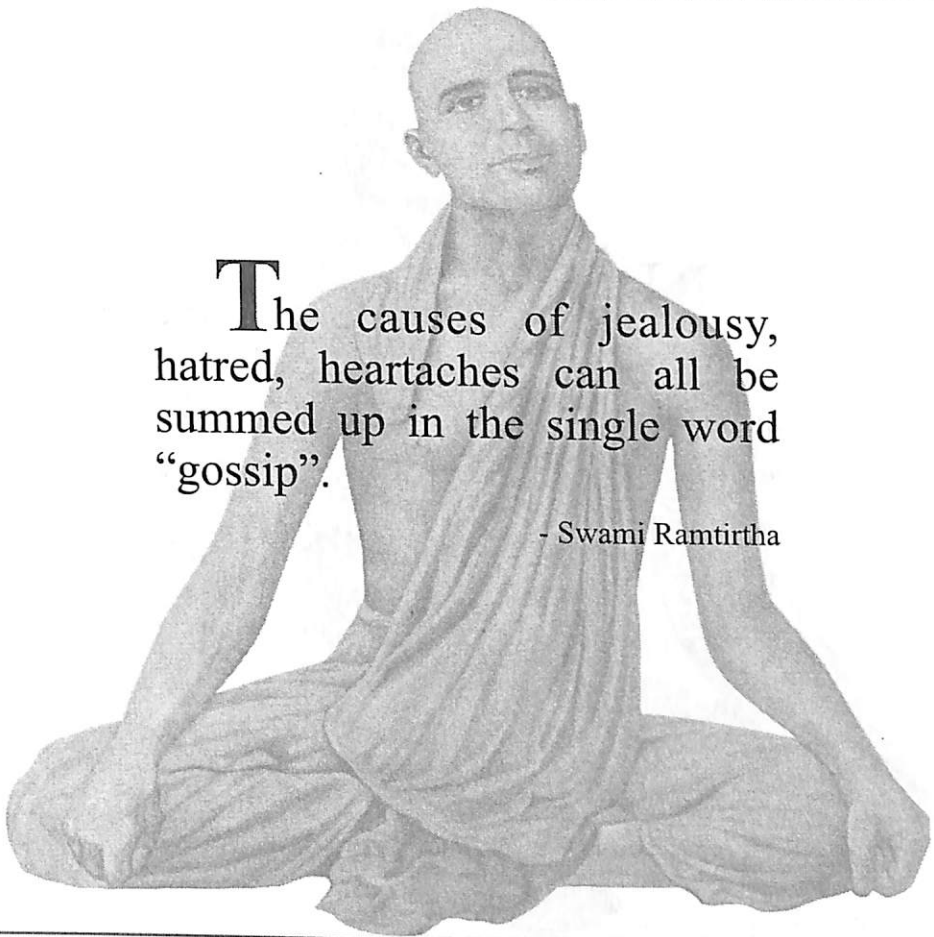
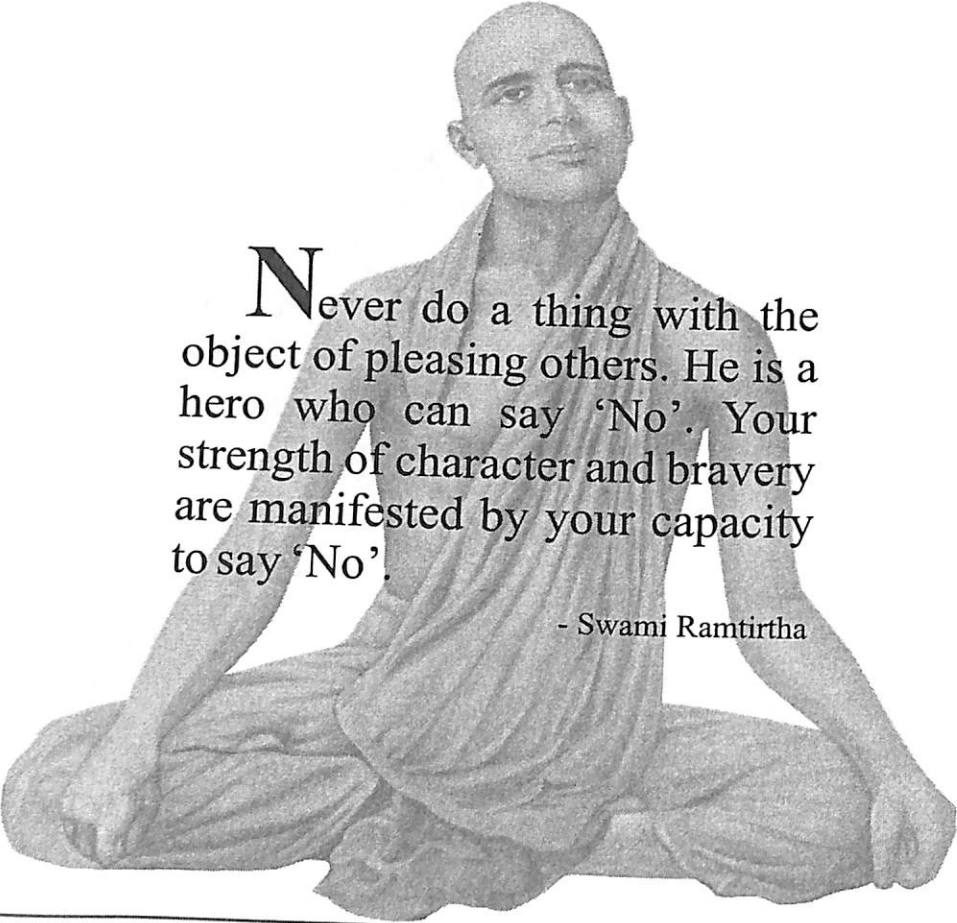
- Swami Ramtirtha

The world turn aside to let any man pass who knows where he is going.

- Swami Ramtirtha

Truth is no-body's property. It is not the property of Jesus and we ought not to preach it in his name. It is not property of Krishna or anybody else. It is every body's property.

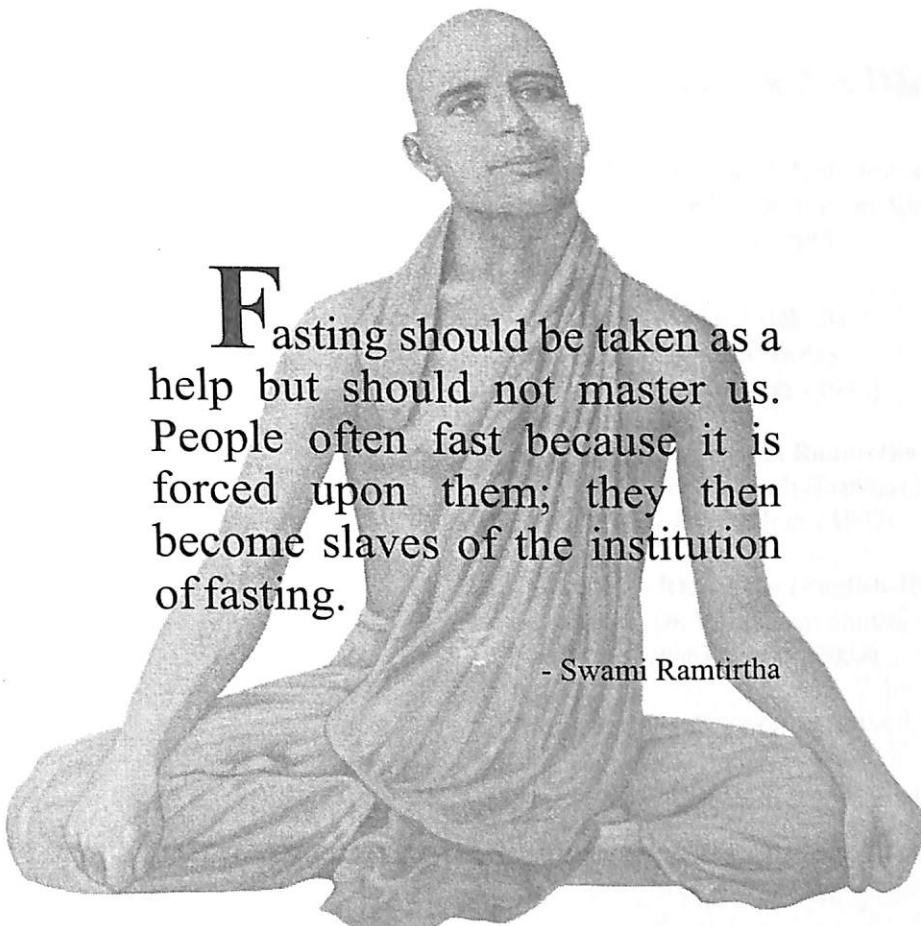
- Swami Ramtirtha

Prayer does not mean repeating certain words. Prayer means feeling and realizing divinity.

- Swami Ramtirtha

It is more advisable to attend to matters which come next to your heart, which concern your business & bosom first; and the next world, the world of dreams, will take care of itself.

- Swami Ramtirtha

If you give up your crookedness and be upright, the same moment, your past, present and future shall be straightened in your favour.

- Swami Ramtirtha

Head as high as you please, but feet always on the common ground.

- Swami Ramtirtha

In all the things be assure you are right, then go a head, assert the will and nothing can resist or stop you.

- Swami Ramtirtha

The causes of jealousy, hatred, heartaches can all be summed up in the single word "gossip".

- Swami Ramtirtha

Never do a thing with the object of pleasing others. He is a hero who can say 'No'. Your strength of character and bravery are manifested by your capacity to say 'No'.

- Swami Ramtirtha

Fasting should be taken as a help but should not master us. People often fast because it is forced upon them; they then become slaves of the institution of fasting.

- Swami Ramtirtha

PUBLICATIONS OF RAMTIRTHA KENDRA

Sankshipta Jeewani: Swami Ramtirtha (Hindi)
(1973)
(Translated in Telugu in 1980)
*
Jeewan Diary: Swami Ramtirtha (Hindi)
(1976)
*
Sair-e -Kashmir (Urdu)
Rama's travelogue on Kashmir
(1982)
*
Apne Hi Aine Mein Swami Ramtirtha (Hindi),
Released by Shri. G. D. Tapase
(Governor, Haryana- 1983)
*
Rambadshah (Urdu),
Released by Hon'ble Smt. Indira Gandhi,
(Prime Minister of India- 1983)
*
Yugsant Swami Ramtirtha (Hindi)
Released by Hon'ble Shri. R. Venkata Raman,
(Vice President of India- 1985)

Ahel-e-Islam Ki Nazar Mein Swami Ramtirtha (Urdu)
Released by Hon'ble Dr. Balram Jakhar,
(Speaker, Parliament - 1986)
*
Udbodhana (English-Hindi)
Released by Shri. B.S. Reddy
(Governor, Uttar Pradesh - 1990)
*
Jeewan Chakra Swami Ramtirtha (Hindi)
Released by Shri Romesh Bhandari
(Governor , Uttar Pradesh - 1997)
*
Thus Spake Ramtirtha (English-Hindi)
Released by Dr. Vishnukant Shastri
(Governor, Uttar Pradesh - 2003)
*
Rama In The Eyes Of Iqbal
(English - Hindi-Urdu)
(Dedicated to the everlasting spiritual friendship
between India and Pakistan - 2011)

Dr. Kedarnath Prabhakar

Dr. Kedarnath Prabhakar, (b. 1937) an internationally reputed astro-scientist, historian, hogiographer and indologist hails from a Sarasvat (Vatsya-Lineage) Brahaman family of Gujranwala (Punjab) Undivided India now in Pakistan. The esteemed family, known for successfully maintaining a stage tradition of practice Jyotisha, since last seven generations, was Raj-Jyotishi of Maharaja Ranjit Singh (Punjab), Maharaja Gulab Singh(Jammu & Kashmir) etc.,.

Dr. Prabhakar initiated his career by publishing *Shri Vaishno Devi Yatra,* the first book ever written on this topic in 1966. The book became the source of the production of the first feature film on this deity entitled *Mata Vaishno Devi* in 1971. He presented a landmark historical treatise entitled *Varahamihira Smriti Granth* in 1974 establishing the fact that the famous Meru Stambh (Qutb Minar) of Old Delhi was originally the central conical shaped observatory tower of Varahamihira's grand open air Planetarium, known as Mihirawali. He established his own observatory, *Vedha Shala* in 1977 and a prestigious library *Vidhya Sthali* in 1978. The rich library consists of a unique collection of books and the rarest manuscripts of Mantras, Yantras, Tantras, Ayurveda and Jyotisha including the *Bhrigu Samhita*. For his outstanding research work and contribution in the field of ancient Indian Astronomy and Astrology, he was conferred the degree of Doctor of Letters (Honoris Causa) by H.N.B. Garhwal University in 1997. He was selected as a member for the advisory committee constituted by the University Grant Commission for the scheme of setting up a few Depts. of Vedic Astrology in Indian Universities in 2000.

He established *Ramtirtha Kendra* in 1973 as well as re-established *Bhartiya Jyotirvigyan Anusandhan Samsthanam* in 1963 (founded in 1959 by his revered father) in the remembrance of his twin role models Swami Ramtirtha, the great flag bearer of Universal Love and Acharya Varahamihira, the great Indian astro-scientist of 2^{nd} – 1^{st} century B.C.,. He organized various national and international level festivities & seminars to cherish their sweet memories. He is the chief editor of the Vedchakshu, bilingual monthly organ of the Kendra and Kalvigyan, a high profile quarterly scientific journal of the Samsthanam. He initiated Ramtirtha Spiritual Study Circle in 1976 on 22^{nd} of each month. The meetings are regularly held in Ramtirtha Hall. He was the moving spirit behind the documentary film based on Swami Ramtirtha released in 1985 by Uttar Pradesh Government. He published various research articles on Indian saints (specifically on Baba Lal Deyal & prince Darashikoha, a bridge between Islam and Hinduism), history, culture and sciences. He has also delivered numerous prestigious endowment lectures & radio talks.

WANTED

Reformers,
Not of others but of themselves,
Who have won,
Not University distinctions,
But victory over the local self.
Age: the youth of Divine joy.
Salary: Godhead

Apply sharp

With no begging solicitations
But commanding decision
To the Director of the universe,
Your own Self.
Om! Om! Om!

- Swami Ramtirtha